



TAEKWONDO CANADA

NATIONAL

2025

CHAMPIONSHIPS

MONTRÉAL, QUÉBEC | FEBRUARY 4-6



INFORMATION PACKAGE



TOURISME / MONTREAL



- 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

Palais des congrès de Montréal
159 St. Antoine Street West, 9th floor
Montréal, Québec
Canada
H2Z 1H2

COMPETITION DATES

February 4-6, 2025

- 2025 INTERNATIONAL EVENTS -

- It is the responsibility of the coach and athlete to review the corresponding team selection criteria on the Taekwondo Canada website
 - [2025 Senior Kyorugi National Team Selection Criteria](#)
 - [2025 Junior Kyorugi National Team Selection Criteria](#)
 - [2025 Cadet Kyorugi National Team Selection Criteria](#)
 - [2025 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 2025 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			
YOUTH	CADET	JUNIOR	SENIOR
Born in 2014 or 2015	Born in 2011, 2012 or 2013	Born in 2008, 2009 or 2010	Born 2008 or earlier

POOMSAE			
RECOGNIZED INDIVIDUAL	RECOGNIZED PAIR/TEAM	FREESTYLE	PARA
YOUTH Born in 2014-2015	CADET Born in 2011-2013	U17 Born 2008-2013	P20 U30 Born 1995-2007
CADET Born in 2011-2013	JUNIOR Born in 2008-2010	O17 Born 2007 or earlier	P20 O30 Born 1994 or earlier
JUNIOR Born in 2008-2010	U30 Born 1995-2007		P60 U30 Born 1995-2007
U30 Born 1995-2007	U50 Born 1975-1994		P60 O30 Born 1994 or earlier
U40 Born 1985-1994	U60 Born 1965-1974		
U50 Born 1975-1984	O60 Born 1964 or earlier		
U60 Born 1965-1974			
U65 Born 1960-1964			
O30 Born 1994 or earlier			
O65 Born 1959 or earlier			

COACHES

- Must be in good standing with their Provincial/Territorial Sport Organization and Taekwondo Canada
- Must have a valid 2025 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 certifications prior to the close of event registration**

- KYORUGI COMPETITION -

COMPETITION RULES

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

COMPETITION SYSTEM

- Best of 3 system
- Youth and Cadet divisions - double elimination tournament system
- Junior & Senior divisions - single elimination tournament system

DURATION OF CONTEST

- Youth and Cadet divisions - 1:30 minutes each round with 1 minute break between each round
- Junior and Senior divisions - 2:00 minutes each round with 1 minute break between each round
- Round time and break times are subject to change and will be confirmed at the Technical Meeting

SEEDING

- Youth, Cadet and Junior Kyorugi Draws will be random
- Senior Kyorugi draws will be fully seeded using the January 2025 published World Taekwondo rankings

DRAWS/BRACKETS

- Kyorugi brackets will be published one (1) day before the start of each competition day by 4:00pm ET on the following platforms:
 - Website: taekwondo-canada.com/events/national-championships
 - Facebook: facebook.com/Taekwondo.Canada

WEIGHT CATEGORIES

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

- **Weight Changes**
 - **Deadline: Weight changes will be accepted until January 24th, 2025 at 5:00pm ET**
 - **Weight changes must be made by emailing events@taekwondo-canada.com**
 - **Any weight changes requested after the January 24th, 2025 at 5:00pm ET deadline will not be accepted - NO EXCEPTIONS**

UNIFORM & EQUIPMENT

- **PSS: KPNP Protector and Scoring System**
 - Protector and Scoring System (Headgear and Chest Protector) will be provided
 - Youth athletes are required to bring their own helmets, only a chest protector will be provided for youth athletes
 - The head protector for cadet athletes can be fitted with a face shield
- **Uniform:** Athletes are required to wear a World Taekwondo recognized kyorugi uniform and World Taekwondo recognized protective equipment
 - A list of recognized brands can be accessed at worldtaekwondo.org/wtpartners-wt/recognize.html
- Athletes are required to bring their own groin guards, mouthpieces, gloves, sensing socks and shin and forearm guards for their personal use

- **Mats:** World Taekwondo recognized mats will be used for this event
- 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 uniform and protective equipment
- Athletes must pass inspection before each match
- All mandatory equipment is required at the time of inspection
- Athletes will have 10 minutes from their first call on the Inspection Screen to report to the Inspection Desk wearing all required equipment and pass inspection - NO EXCEPTIONS
- It is the athlete's responsibility to ensure they are at the Inspection Desk in time
- Athletes who do not report to the Inspection Desk within their 10 minutes will be subject to disqualification
- Athletes receiving medical attention are not considered checked into inspection

WEIGH-IN

GENERAL WEIGH-IN

- General Weigh-In of athletes shall take place between 10:00am and 12:00pm on the day before their respective competition day
 - Athletes must weigh-in during their designated weigh-in period
 - 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
- **Senior athletes:** 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). Note: there is no 100 grams allowance for seniors.
- **Cadet and Junior athletes:** must be weighed with clothing, uniform or underwear(s) and 100 grams will be allowed to compensate
- A test scale will be provided one hour prior to General Weigh-in
- 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, school ID, 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
 - 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
- There will be no random weigh-in for the following individuals:
 - All Youth and Cadet divisions
 - Junior heavy weight divisions (F+68kg & M+78kg)
 - Senior heavy weight divisions (F+73kg & M+87kg)
- 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

- Random weigh-in lists will be published at 6:30am ET the morning of each competition day on the following platforms:
 - Website: taekwondo-canada.com/events/national-championships
 - Facebook: facebook.com/Taekwondo.Canada
- Selected athletes must be present at the General Weigh-In area at 8:00am ET on the day of competition
 - Should a contestant that is selected for the random weigh-in fail to appear, he/she will be disqualified

- POOMSAE COMPETITION -

CLASSIFICATION OF COMPETITION

POOMSAE - RECOGNIZED			
MALE DIVISIONS <i>(Individual)</i>	FEMALE DIVISIONS <i>(Individual)</i>	PAIRS <i>(1 male & 1 female)</i>	TEAMS <i>(3 athletes of same sex)</i>
Youth	Youth	Youth	Youth Male Team
Cadet	Cadet	Cadet	Youth Female Team
Junior	Junior	Junior	Cadet Male Team
U30	U30	U30	Cadet Female Team
U40	U40	U50	Junior Male Team
U50	U50	U60	Junior Female Team
U60	U60	O60	U30 Male Team
U65	U65		U30 Female Team
O65	O65		U50 Male Team
			U50 Female Team
			U60 Male Team
			U60 Female Team
			O60 Male Team
			O60 Female Team

POOMSAE - FREESTYLE			
MALE DIVISIONS <i>(Individual)</i>	FEMALE DIVISIONS <i>(Individual)</i>	PAIRS <i>(1 male & 1 female)</i>	TEAMS <i>(5 members including a minimum of 2 males and 2 females)</i>
U17	U17	U17	U17
O17	O17	O17	O17

COMPETITION RULES

- The latest published [World Taekwondo Poomsae Competition Rules & Interpretation](#) shall be applied
- 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 2025 Poomsae International Event team(s), the athletes must select the two (2) divisions in which they wish to retain their National Team positions
- **Music for Freestyle Poomsae Competition** must be provided on a USB at the Technical Meeting
 - Music must not contain lyrics or any political, social, or religious contents that may harm, discriminate or offend others

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

POOMSAE DRAWS

- Poomsae Draws and brackets will be completed at the Technical Meeting and posted on the following platforms afterwards:
 - Website: taekwondo-canada.com/events/national-championships
 - Facebook: facebook.com/Taekwondo.Canada

DESIGNATED COMPULSORY POOMSAE

- Designated Compulsory Poomsae for all divisions, except Youth, as outlined in the [World Taekwondo Poomsae Competition Rules & Interpretation](#)
- Designated Compulsory Poomsae for Youth divisions will be T4 to Koryo

UNIFORM & EQUIPMENT

- **Scoring System:** KPNP
- **Uniform:** Athletes are required to wear a World Taekwondo recognized poomsae uniform.
- A list of recognized brands can be accessed at worldtaekwondo.org/wtpartners-wt/recognize.html
- **Mats:** World Taekwondo recognized mats will be used for this event

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) must **FIRST** be registered with a valid 2025 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 -

ONLINE REGISTRATION & PAYMENT

- Individual registration must be completed online at taekwondocanada.simplycompete.com
- Event registration is only possible with a valid 2025 World Taekwondo Global License
- All entry fees shall be paid in advance through Simply Compete during registration
- **Payments must be made IN FULL** prior to the respective deadline to secure the corresponding rate

REGISTRATION FEES

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

REGISTRATIONS ARE NON-REFUNDABLE

CATEGORY	REGULAR REGISTRATION RATE	LATE REGISTRATION RATE	CHANGES TO EVENT(S)
Athlete per event <i>(1 kyorugi or 1 poomsae event)</i>	\$150.00 USD	\$170.00 USD	Contact events@taekwondo-canada.com
Coach - C1 <i>Performance Coach Certified</i>	\$75.00 USD	\$95.00 USD	
Coach - DC <i>Dojang Coach Certified</i>	\$100.00 USD	\$120.00 USD	
Coach - AI <i>Assistant Instructor Certified</i> <i>*can only use this once in a lifetime*</i>	\$150.00 USD	\$170.00 USD	

- **No registrations or event/weight changes will be accepted onsite**
 - **Weight changes will be accepted until January 24th, 2025 at 5:00pm ET and can be made by emailing events@taekwondo-canada.com**
 - **Any weight changes requested after the January 24th, 2025 at 5:00pm ET deadline will not be accepted - NO EXCEPTIONS**

TIMELINES

- **Regular Registration:** Before January 17, 2025
- **Late Registration:** January 18, 2025 to January 24, 2025 at 5:00pm ET
- **Deadline for Weight Changes:** January 24, 2025 at 5:00pm ET

IMPORTANT REGISTRATION NOTES

- Individuals must complete payment for their full registration (all events) within the designated timeline to secure the corresponding pricing (ie. Individuals that register for one event in regular registration and one event in late registration will have to pay the late registration fee for both events)
- Onsite accreditation reprint fee: \$50.00 CAD
- Athlete taping: \$10.00 CAD

- 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

SPECIAL AWARDS

- Best Male and Best Female Kyorugi Team Coach
- Best Male and Best Female Kyorugi National Referee
- Best Male and Best Female athlete in the Senior Kyorugi Division
- Best Male and Best Female Poomsae Team Coach
- Best Male and Best Female Poomsae National Referee
- Best Male and Best Female athlete in the Senior Poomsae Division

- DRESS CODE -

COACHES

- Athletic attire/team tracksuit or business attire
- Jeans and doboks 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
- Coaches perceived to be under the influence of alcohol/drugs will not be allowed in the competition area
- Any type of cap/hat is not allowed

- 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

Intercontinental Montréal

- **Address:** 360, rue Saint-Antoine Ouest Montréal, Québec, Canada H2Y 3X4
- **Website:** <https://www.ihg.com/intercontinental/hotels/us/en/montreal/yulhb/hoteldetail>
- **Contact Information:**
 - (514) 987-9900 or toll free from Canada and U.S.A.: 1-877-660-8550,
 - Email: reservationsgroupes-yulhb@ihg.com

**** BOOK YOUR ROOMS BEFORE JANUARY 10TH, 2025 TO SECURE THE EVENT ROOM RATE ****

- **Booking Link:** <https://book.passkey.com/go/TaekwondoCanada2025>
- **Reservation ID:** Please quote “2025 Taekwondo Canada National Championships” to the Reservations Agent
- **Room Rate:** \$185.00 CAD + taxes

- SPECTATORS -

SPECTATOR TICKETS

Ticket Type	Price
Single Day - Adult	\$20.00 CAD
Single Day - Child (Ages 5-12)	\$10.00 CAD
Single Day - Senior (Ages 65+)	\$10.00 CAD
Event Pass - Adult	\$50.00 CAD
Event Pass - Child (Ages 5-12)	\$20.00 CAD
Event Pass - Senior (Ages 65+)	\$20.00 CAD

- Wristbands will be given as a spectator’s pass and must be worn at all times
- Children aged 4 and under are free
- Payment for spectator tickets can be made onsite at the admission desk

LIVESTREAM

Competition live stream can be accessed through the Taekwondo Canada YouTube Channel

- 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 (ET)	EVENT	LOCATION
February 2, 2025	14:00 to 16:00	Accreditation Pick Up	Palais des congrès de Montréal
February 3, 2025	9:00 to 12:00	Accreditation Pick Up	Palais des congrès de Montréal
	9:00 to 10:00	Test Scale	Palais des congrès de Montréal
	10:00 to 12:00	General Weigh-in All Junior Kyorugi Divisions	Palais des congrès de Montréal
	17:00	Technical Meeting for Poomsae and Kyorugi	Intercontinental Montréal
February 4, 2025	6:30	Publication of Random Weigh-In for Junior Kyorugi	
	7:30	Doors Open to athletes and coaches	Palais des congrès de Montréal
	8:00 to 15:00	Admission & Accreditation Pick-Up	Palais des congrès de Montréal
	8:00	Random Weigh-In All Junior Kyorugi divisions, except heavy weight	Palais des congrès de Montréal
	9:00	Competition Begins Poomsae Individual Recognized: Youth, Cadet, Junior, U30 Individual Freestyle: U17, O17 Kyorugi Junior Kyorugi Divisions	Palais des congrès de Montréal
	9:00 to 10:00	Test Scale	Palais des congrès de Montréal
	10:00 to 12:00	General Weigh-in All Youth and Cadet Kyorugi Divisions	Palais des congrès de Montréal
February 5, 2025	7:30	Doors Open to athletes and coaches	Palais des congrès de Montréal
	8:00 to 15:00	Admission & Accreditation Pick-Up	Palais des congrès de Montréal
	9:00	Competition Begins Poomsae Individual Recognized: U40, U50, U60, U65, O65 Pairs & Teams Recognized: Youth, Cadet, Junior, U30, U50, U60, O60 Pairs & Teams Freestyle: U17, O17 Para: P20 U30, P20 O30, P60 U30, P60 O30 Kyorugi Youth and Cadet Kyorugi Divisions	Palais des congrès de Montréal
	9:00 to 10:00	Test Scale	Palais des congrès de Montréal
	10:00 to 12:00	General Weigh-in All Senior Kyorugi Divisions	Palais des congrès de Montréal

February 6, 2025	6:30	Publication of Random Weigh-In for Senior Kyorugi	
	7:30	Doors Open to athletes and coaches	Palais des congrès de Montréal
	8:00 to 15:00	Admission & Accreditation Pick-Up	Palais des congrès de Montréal
	8:00	Random Weigh-In All Senior Kyorugi divisions, except heavy weight	Palais des congrès de Montréal
	9:00	Competition Begins Kyorugi Senior Kyorugi Divisions	Palais des congrès de Montréal

- 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 2025 Prohibited List. More information on TUE can be found here.
12. I have reviewed and understand Taekwondo Canada policies, including the Code of Conduct and Ethics and the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS). I understand that any prohibited behaviours and/or political demonstrations/statements may result a disqualification of the participant from the event.