



TAEKWONDO  
CANADA

HALIFAX  
NOVA SCOTIA FEBRUARY 5-7

# TAEKWONDO CANADA NATIONAL CHAMPIONSHIPS 2026



Canada

HALIFAX

NOVA SCOTIA

DISCOVER  
HALIFAX



## - GENERAL INFORMATION -

### ORGANIZATION

#### TAEKWONDO CANADA

**Address:** 2451 Riverside Drive, Ottawa, Ontario, K1H 7X7  
**Event Contact:** [events@taekwondo-canada.com](mailto:events@taekwondo-canada.com)  
**Simply Compete Contact:** [gms@taekwondo-canada.com](mailto:gms@taekwondo-canada.com)

### VENUE & DATE

#### VENUE

Halifax Convention Centre  
1650 Argyle Street  
Halifax, Nova Scotia  
Canada  
B3J 0E6

#### COMPETITION DATES

February 5-7, 2026

## - 2026 INTERNATIONAL EVENTS -

- It is the responsibility of the coach and athlete to review the corresponding team selection criteria on the Taekwondo Canada website
  - [2026 Senior Kyorugi National Team Selection Criteria](#)
  - [2026 Junior Kyorugi National Team Selection Criteria](#)
  - [2026 Cadet Kyorugi National Team Selection Criteria](#)
  - [2026 Poomsae National Team Selection Criteria](#)
- As Para Poomsae eligibility will be determined by self-identification, any contested Para Poomsae divisions at the 2026 National Championships will not be eligible for National Team selection

## - 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 2026 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 Poomsae Athletes must review the [World Taekwondo Para Classification Guide](#) and self-identify within a Sport Class
- Age Requirements:

| KYORUGI              |                            |                            |                      |
|----------------------|----------------------------|----------------------------|----------------------|
| YOUTH                | CADET                      | JUNIOR                     | SENIOR               |
| Born in 2015 or 2016 | Born in 2012, 2013 or 2014 | Born in 2009, 2010 or 2011 | Born 2009 or earlier |

| POOMSAE                     |                             |                             |                                   |                                  |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------------|----------------------------------|
| RECOGNIZED<br>INDIVIDUAL    | RECOGNIZED<br>PAIR/TEAM     | FREESTYLE                   | PARA<br>INDIVIDUAL                | PARA<br>PAIR/TEAM                |
| YOUTH<br>Born in 2015-2016  | YOUTH<br>Born in 2015-2016  | U17<br>Born 2009-2014       | YOUTH<br>Born in 2015-2016        | YOUTH<br>Born 2015-2016          |
| CADET<br>Born in 2012-2014  | CADET<br>Born in 2012-2014  | O17<br>Born 2008 or earlier | CADET<br>Born in 2012-2014        | CADET & JUNIOR<br>Born 2009-2014 |
| JUNIOR<br>Born in 2009-2011 | JUNIOR<br>Born in 2009-2011 |                             | JUNIOR<br>Born in 2009-2012       | SENIOR<br>Born 2010 or earlier   |
| U30<br>Born 1996-2008       | U30<br>Born 1996-2008       |                             | SENIOR<br>Born in 2010 or earlier |                                  |
| U40<br>Born 1986-1995       | U50<br>Born 1976-1995       |                             |                                   |                                  |
| U50<br>Born 1976-1985       | U60<br>Born 1966-1975       |                             |                                   |                                  |
| U60<br>Born 1966-1975       | O60<br>Born 1965 or earlier |                             |                                   |                                  |
| U65<br>Born 1961-1965       |                             |                             |                                   |                                  |
| O65<br>Born 1960 or earlier |                             |                             |                                   |                                  |

#### COACHES

- Must be in good standing with their Provincial/Territorial Sport Organization and Taekwondo Canada
- Must have a valid 2026 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
- Cadet divisions will have face shields fitted to the head protectors

### 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 February 2026 published World Taekwondo World Weight rankings

## DRAWS/BRACKETS

- Kyorugi brackets will be published one (1) day before the start of each competition day by 16:00 Atlantic Time on the following platforms:
  - Website: [taekwondo-canada.com/events/national-championships](https://taekwondo-canada.com/events/national-championships)
  - Facebook: [facebook.com/Taekwondo.Canada](https://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 |        |       |
|        |       | +59kg  | +65kg | +68kg  | +78kg |        |       |

- **Weight Changes**
  - **Deadline:** Weight changes will be accepted until January 23<sup>rd</sup>, 2026 at 17:00 Eastern Time
  - Weight changes must be made by emailing [events@taekwondo-canada.com](mailto:events@taekwondo-canada.com)
  - Any weight changes requested after the January 23<sup>rd</sup>, 2026 at 17:00 Eastern Time deadline will not be accepted - NO EXCEPTIONS

## UNIFORM & EQUIPMENT

- **PSS:** KPNP K2 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 will be fitted with a face shield
  - *Note: The KPNP K1 sensing socks are not compatible with KPNP K2 PSS*
- **Uniform:** Athletes are required to wear a World Taekwondo recognized kyorugi competition uniform and World Taekwondo recognized protective equipment
  - Doboks will be permitted for youth and cadet athletes
  - A list of recognized brands can be accessed at [worldtaekwondo.org/wtpartners-wt/recognize.html](https://worldtaekwondo.org/wtpartners-wt/recognize.html)
  - Club identification on uniforms will not be permitted, only Canada or Canadian province will be accepted

- Athletes are required to bring their own groin guards, mouthpieces, gloves, KPNP K2 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

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- Athletes must pass inspection before each match
- Athletes are responsible for monitoring the call screen and reporting to the Inspection Desk on time
- Failure to report to the Inspection Desk at least two (2) matches prior to the athlete's scheduled match may result in disqualification
- Uniforms and all mandatory equipment are required to be worn at the time of inspection
- Athletes receiving medical attention are not considered checked in at the Inspection Desk

## WEIGH-IN

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### GENERAL WEIGH-IN

- General Weigh-In of youth athletes shall take place between 12:00 and 14:00 Atlantic Time on the day before their respective competition day
- General Weigh-In of cadet, junior and senior athletes shall take place between 10:00 and 12:00 Atlantic Time 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.
- **Youth, Cadet and Junior athletes:** must be weighed with 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 their 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 6:30 Atlantic Time the morning of each competition day on the following platforms:
  - Website: [taekwondo-canada.com/events/national-championships](https://taekwondo-canada.com/events/national-championships)
  - Facebook: [facebook.com/Taekwondo.Canada](https://facebook.com/Taekwondo.Canada)
- Selected athletes must be present at the General Weigh-In area at 8:00 Atlantic Time on the day of competition
  - Should an athlete 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<br>(Individual) | FEMALE DIVISIONS<br>(Individual) | PAIRS<br>(1 male & 1 female) | TEAMS<br>(3 athletes of same sex) |
| 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<br>(Individual) | FEMALE DIVISIONS<br>(Individual) | PAIRS<br>(1 male & 1 female) | TEAMS<br>(5 members including a minimum of 2 males and 2 females) |
| U17                            | U17                              | U17                          | U17                                                               |
| O17                            | O17                              | O17                          | O17                                                               |

| PARA POOMSAE                   |                                  |                              |                                   |
|--------------------------------|----------------------------------|------------------------------|-----------------------------------|
| MALE DIVISIONS<br>(Individual) | FEMALE DIVISIONS<br>(Individual) | PAIRS<br>(1 male & 1 female) | TEAMS<br>(3 athletes of same sex) |
| Youth                          | Youth                            | Youth                        | Youth Male Team                   |
| Cadet                          | Cadet                            | Cadet & Junior               | Youth Female Team                 |
| Junior                         | Junior                           | Senior                       | Cadet & Junior Male Team          |
| Senior                         | Senior                           |                              | Cadet & Junior Female Team        |
|                                |                                  |                              | Senior Male Team                  |
|                                |                                  |                              | Senior Female Team                |

- All Sport Classes designated by World Taekwondo for Athletes in Para Taekwondo Poomsae in the [World Para Taekwondo Poomsae Competition Rules](#) (ie. P10, P20, P30, P40, P50, P60, P70) will be offered

## COMPETITION RULES

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- 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 2026 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
- [World Para Taekwondo Poomsae Competition Rules](#) shall be applied
- Para Poomsae athletes are only permitted to compete in para poomsae events
- Protest Procedure for Poomsae at National Championships is outlined in Appendix B

## COMPETITION SYSTEM

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- Cut off System will be utilized for all poomsae divisions

## DURATION OF CONTEST

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- **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
- **Para Poomsae:** Individual, Pair and Team competitions between 20 to 120 seconds for each poomsae
  - Break time between first poomsae and second poomsae is a minimum of 60 seconds

## POOMSAE DRAWS

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

## DESIGNATED COMPULSORY POOMSAE

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- 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
- Designated Compulsory Poomsae for Para divisions as outlined in the [World Para Taekwondo Poomsae Competition Rules](#)
- Designated Compulsory Poomsae for Youth Para divisions will be the same as Para Cadet Compulsory Poomsae divisions

## UNIFORM & EQUIPMENT

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- **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](https://worldtaekwondo.org/wtpartners-wt/recognize.html)
  - Club identification on uniforms will not be permitted, only Canada or Canadian province will be accepted
- **Mats:** World Taekwondo recognized mats will be used for this event

## PARA CLASSIFICATION

- All Sport Classes designated by World Taekwondo for Athletes in Para Taekwondo Poomsae in the [World Para Taekwondo Poomsae Competition Rules](#) (ie. P10, P20, P30, P40, P50, P60, P70) will be offered
- Athletes will self-identify their Sport Class prior to or at the event with Taekwondo Canada's National Para Classifier
- Online registration will be by age, gender and event only, sorting of Sport Class will occur prior to or at the event
  - Age divisions may be combined if the division has fewer than 4 competitors
- Taekwondo Canada's National Para Classifier is available before and during the event to provide guidance to athletes regarding the nature of their impairment, its potential alignment with the World Taekwondo Para Classification System, and the next steps for those wishing to pursue formal international classification
- As eligibility for Para Poomsae at Nationals is based on self-identification, any contested Para Poomsae divisions will not be eligible for National Team selection

## - WORLD TAEKWONDO GLOBAL LICENSE -

### GLOBAL LICENSE REGISTRATION

- All accredited individuals (athletes, coaches) must **FIRST** be registered with a valid 2026 World Taekwondo (WT) Global License
- To register or renew a WT Global License visit: [taekwondocanada.simplycompete.com](https://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](https://taekwondocanada.simplycompete.com)
- Event registration is only possible with a valid 2026 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 applicable 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<br>REGISTRATION<br>RATE | LATE<br>REGISTRATION<br>RATE | CHANGES TO EVENT(S)                                                                     |
|--------------------------------------------------------|---------------------------------|------------------------------|-----------------------------------------------------------------------------------------|
| Athlete per event<br>(1 kyorugi or<br>1 poomsae event) | \$150.00 USD                    | \$170.00 USD                 | Contact<br><a href="mailto:events@taekwondo-canada.com">events@taekwondo-canada.com</a> |

|                                                                                                             |              |              |  |
|-------------------------------------------------------------------------------------------------------------|--------------|--------------|--|
| <b>Coach - C1</b><br><i>Performance Coach Certified</i>                                                     | \$75.00 USD  | \$95.00 USD  |  |
| <b>Coach - DC</b><br><i>Dojang Coach Certified</i>                                                          | \$100.00 USD | \$120.00 USD |  |
| <b>Coach - AI</b><br><i>Assistant Instructor Certified</i><br><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 23<sup>rd</sup>, 2026 at 17:00 Eastern Time and can be made by emailing [events@taekwondo-canada.com](mailto:events@taekwondo-canada.com)**
  - **Any weight changes requested after the January 23<sup>rd</sup>, 2026 at 17:00 Eastern Time deadline will not be accepted - NO EXCEPTIONS**

## TIMELINES

- **Regular Registration:** Before January 16, 2026 at 23:59 Eastern Time
- **Late Registration:** January 17, 2026 to January 23, 2026 at 17:00 Eastern Time
- **Deadline for Weight Changes:** January 23, 2026 at 17:00 Eastern Time

## IMPORTANT REGISTRATION NOTES

- All events must be registered within the applicable deadline - regular or late. If a participant registers an event during the regular registration period and later adds or changes an event during the late registration period, the Simply Compete system will adjust the earlier registration to reflect the late registration rate. Participants are then responsible for paying the difference.
- 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
  - 1<sup>st</sup> Place: Gold Medal
  - 2<sup>nd</sup> Place: Silver Medal
  - 3<sup>rd</sup> Place: Bronze Medal
  - 3<sup>rd</sup> 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 athlete in the Junior 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 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 -

### HOTELS

- Participants are strongly recommended to book their accommodations at the event hotels using the information below
- Event room rates are based on hotel availability
- Use the booking links provided to access the Taekwondo Canada group rates
- For stays outside the main event dates, please contact the respective hotel's in-house reservations team directly for pre- or post-event ("shoulder") night availability
- Rates are listed before taxes and fees
- A training space will be provided at the Prince George Hotel and Cambridge Suites Halifax starting February 3, 2026, additional spaces may be added at a later date

#### 1. **SUTTON PLACE HOTEL HALIFAX (HOST HOTEL)**

**Address:** 1700 Grafton Street, Halifax, Nova Scotia, B3J 2C4  
**Distance to Venue:** ≈ 0.10 km on foot; ≈ 0.30 km by car  
**Rate:** \$195.00 CAD/night  
**Booking Link:** <https://reservations.suttonplace.com/113161?&groupID=4848307#/>  
**Group Code/Name:** 2602TAEKCAN  
**Cut-Off Date:** January 7, 2026  
**Contact Information:** 1-902-932-7548 or 1-888-378-8866

#### 2. **THE PRINCE GEORGE HOTEL**

**Address:** 1725 Market Street, Halifax, Nova Scotia, B3J 3N9  
**Distance to Venue:** ≈ 0.30 km on foot; ≈ 0.60 km by car  
**Rate:** \$159.00 CAD/night  
**Booking Link:** <https://reservations.travelclick.com/13608?groupID=4952253>  
**Group Code/Name:** 2026 Taekwondo Canada Nationals  
**Cut-Off Date:** January 5, 2026  
**Contact Information:** [reservations\\_shared@princegeorgehotel.com](mailto:reservations_shared@princegeorgehotel.com) or 1-800-565-1567

### 3. CAMBRIDGE SUITES HALIFAX

**Address:** 1583 Brunswick Street, Halifax, Nova Scotia, B3J 3P5  
**Distance to Venue:** ≈ 0.30 km on foot; ≈ 0.70 km by car  
**Rate:** \$139.00 CAD/night (Studio Queen) / \$199.00 CAD/night (1-Bedroom Suite with 2 Doubles)  
**Booking Link:** <https://reservations.travelclick.com/13605?groupID=4952252>  
**Group Code/Name:** 2026 Taekwondo Canada Nationals  
**Cut-Off Date:** January 5, 2026  
**Contact Information:** [askhalifax@cambridgesuiteshotel.com](mailto:askhalifax@cambridgesuiteshotel.com) or 1-800-565-1263  
*\*Cambridge Suites Halifax rate includes continental breakfast*

### 4. RESIDENCE INN BY MARRIOTT HALIFAX DOWNTOWN

**Address:** 1599 Grafton Street, Halifax, Nova Scotia, B3J 2C3  
**Distance to Venue:** ≈ 0.15 km on foot; ≈ 0.50 km by car  
**Rate:** \$189.00 CAD/night  
**Booking Link:** <https://www.marriott.com/event-reservations/reservation-link.mi?id=1759771390095&key=GRP&app=resvlink>  
**Group Code/Name:** TKCTKCF or 2026 Taekwondo Canada Nationals  
**Cut-Off Date:** January 4, 2026  
**Contact Information:** 1-888-236-2427 or 1-902-422-0493  
*\*Residence Inn by Marriott Halifax Downtown rate includes continental breakfast*

### 5. THE BARRINGTON HOTEL

**Address:** 1875 Barrington Street, Halifax, Nova Scotia, B3J 3L6  
**Distance to Venue:** ≈ 0.40 km on foot; ≈ 0.90 km by car  
**Rate:** \$129.00 CAD/night  
**Booking Link:** <https://reservations.travelclick.com/108025?groupID=4968578>  
**Group Code/Name:** 26022026TA  
**Cut-Off Date:** December 22, 2025  
**Contact Information:** 1 (902) 429-7410

### 6. THE WESTIN NOVA SCOTIAN

**Address:** 1181 Hollis Street, Halifax, Nova Scotia, B3H 2P6  
**Distance to Venue:** ≈ 1.2 km on foot; ≈ 1.6 km by car  
**Rate:** \$159.00 - \$169.00 CAD/night  
**Booking Link:** <https://www.marriott.com/event-reservations/reservation-link.mi?id=1758725239332&key=GRP&app=resvlink>  
**Group Code/Name:** Taekwondo Canada  
**Cut-Off Date:** January 5, 2026  
**Contact Information:** 1-866-761-3513

## - SPECTATORS -

### CONDUCT & EXPECTATIONS

Spectators at the 2026 Taekwondo Canada National Championships are expected to behave respectfully and in accordance with [Taekwondo Canada's Code of Conduct and Ethics](#). Disruptive, abusive, or aggressive behaviour, including yelling at officials or athletes, inappropriate language, or entering the field of play, will not be tolerated. Event staff and Taekwondo Canada representatives reserve the right to remove or deny re-entry to anyone who violates the Code of Conduct.

For the full Code of Conduct and Ethics, please visit: <https://taekwondo-canada.com/safesport/safe-sport-policies>

## 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 -

Please note that the 2026 Taekwondo Canada National Championships has been designated by Taekwondo Canada and the Canadian Centre for Ethics in Sport as being subject to the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS) and the Canadian Safe Sport Program (CSSP) Rules. **While participating at this event, you must adhere to the terms and conditions of the [CSSP Consent Form](#), including the administration and enforcement of the UCCMS, as outlined in the CSSP Rules. By registering for this event, you agree to be subject to the UCCMS and CSSP Rules while participating at this event.** You have the opportunity to be educated via Safe Sport E-Learning: Individuals at Designated National-Level Events (<https://cces.ca/safesport-events>). Your completion of this course will not be tracked and your progress will not be visible to e-learning administrators.

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

- Call or text: 1-866-971-2777
- [safesport@cssp.realresponse.org](mailto:safesport@cssp.realresponse.org)
- <https://cces.ca/report-safe-sport>

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

For more information on the Canadian Safe Sport Program, please visit [cces.ca/canadian-safe-sport-program](https://cces.ca/canadian-safe-sport-program).

The Canadian Safe Sport Program Helpline is not a crisis line. For all urgent situations requiring immediate intervention, contact 911.

### - 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 (AT)      | EVENT                                                                                                                                                                                                                                                                | LOCATION                  |
|------------------|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| February 3, 2026 | 12:00 to 17:00 | Accreditation Pick Up                                                                                                                                                                                                                                                | TBC                       |
| February 4, 2026 | 9:00 to 13:00  | Accreditation Pick Up                                                                                                                                                                                                                                                | Halifax Convention Centre |
|                  | 9:00 to 10:00  | Test Scale                                                                                                                                                                                                                                                           | Halifax Convention Centre |
|                  | 10:00 to 12:00 | <b>General Weigh-in</b><br>All Junior Kyorugi Divisions                                                                                                                                                                                                              | Halifax Convention Centre |
|                  | 17:00          | Technical Meeting for Poomsae and Kyorugi                                                                                                                                                                                                                            | Halifax Convention Centre |
| February 5, 2026 | 6:30           | Publication of Random Weigh-In for Junior Kyorugi                                                                                                                                                                                                                    |                           |
|                  | 7:30           | Doors Open to athletes and coaches                                                                                                                                                                                                                                   | Halifax Convention Centre |
|                  | 8:00 to 15:00  | Admission & Accreditation Pick-Up                                                                                                                                                                                                                                    | Halifax Convention Centre |
|                  | 8:00           | <b>Random Weigh-In</b><br>All Junior Kyorugi divisions, except heavy weight                                                                                                                                                                                          | Halifax Convention Centre |
|                  | 9:00           | <b>Competition Begins</b><br><b>Poomsae</b><br>Individual Recognized: Youth, Cadet, Junior, U60, U65, O65<br>Individual Freestyle: U17, O17<br>All Para Poomsae divisions<br><br><b>Kyorugi</b><br>Junior Kyorugi Divisions<br>Youth Olympic Weight Class Fight-Offs | Halifax Convention Centre |
|                  | 9:00 to 10:00  | Test Scale                                                                                                                                                                                                                                                           | Halifax Convention Centre |
|                  | 10:00 to 12:00 | <b>General Weigh-in</b><br>All Cadet Kyorugi Divisions                                                                                                                                                                                                               | Halifax Convention Centre |
| February 6, 2026 | 7:30           | Doors Open to athletes and coaches                                                                                                                                                                                                                                   | Halifax Convention Centre |
|                  | 8:00 to 15:00  | Admission & Accreditation Pick-Up                                                                                                                                                                                                                                    | Halifax Convention Centre |
|                  | 9:00           | <b>Competition Begins</b><br><b>Poomsae</b><br>Individual Recognized: U30, U40, U50<br>Pairs & Teams Recognized: Youth, Cadet, Junior, U30, U50, U60, O60<br>Pairs & Teams Freestyle: U17, O17<br><br><b>Kyorugi</b><br>Cadet Kyorugi Divisions                      | Halifax Convention Centre |
|                  | 9:00 to 10:00  | Test Scale                                                                                                                                                                                                                                                           | Halifax Convention Centre |

|                     |                |                                                                                   |                           |
|---------------------|----------------|-----------------------------------------------------------------------------------|---------------------------|
|                     | 10:00 to 12:00 | <b>General Weigh-in</b><br>All Senior Kyorugi Divisions                           | Halifax Convention Centre |
|                     | 12:00 to 14:00 | <b>General Weigh-in</b><br>All Youth Kyorugi Divisions                            | Halifax Convention Centre |
| February 7,<br>2026 | 6:30           | Publication of Random Weigh-In for Senior Kyorugi                                 |                           |
|                     | 7:30           | Doors Open to athletes and coaches                                                | Halifax Convention Centre |
|                     | 8:00 to 15:00  | Admission & Accreditation Pick-Up                                                 | Halifax Convention Centre |
|                     | 8:00           | <b>Random Weigh-In</b><br>All Senior Kyorugi divisions, except heavy weight       | Halifax Convention Centre |
|                     | 9:00           | <b>Competition Begins</b><br><b>Kyorugi</b><br>Youth and Senior Kyorugi Divisions | Halifax Convention Centre |

## - 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 agree to allow Taekwondo Canada and their agents to capture myself on still image or video for the purposes of promotion.
5. I understand that all fees are NON-REFUNDABLE.
6. I understand that all athletes and their clubs are required to register with Taekwondo Canada prior to registration.
7. 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.
8. I have reviewed and understand the anti-doping policies of Taekwondo Canada, WADA and CCES.
9. I have reviewed the list of prohibited substances recognized by WADA found on the Prohibited List.
10. I understand that if I am an athlete in the CCES National Athlete Pool (NAP) or the CCES/WT Registered Testing Pool (RTP), that I am required to declare a Therapeutic Use Exemption (TUE) for medication used for illness or other medical reasons if the medication is on WADA's 2026 Prohibited List.
11. 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.

## - APPENDIX B -

### OFFICIAL PROTEST PROCEDURES FOR POOMSAE AT CANADIAN NATIONAL CHAMPIONSHIPS

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#### 1. **Composition of the Poomsae Review Panel**

##### 1.1. The panel shall consist of:

- 1.1.1. Two (2) certified referees who are not involved in judging the Poomsae competition during the event.
- 1.1.2. One (1) Taekwondo Canada representative.

#### 2. **Responsibilities of the Poomsae Review Panel**

- 2.1. The panel is responsible for correcting misjudgments based on their decision regarding protests

#### 3. **Protest Procedure**

- 3.1. If there is an objection to a referee's judgment, the competitor(s) or an event accredited representative of the competitor(s) must:

- 3.1.1. Complete a Taekwondo Canada Protest Form
- 3.1.2. Pay a protest fee of \$100 CAD cash to the Organizing Committee
- 3.1.3. Submit both within 10 minutes after the end of the contested performance to ensure a decision is announced within 30 minutes

##### 3.2. Protest Deliberation Process

- 3.2.1. The panel will first determine if the protest is "Acceptable" or "Unacceptable" for deliberation
- 3.2.2. If needed, the panel may consult the referee or judges involved in the performance
- 3.2.3. The panel will review recorded judging results and any relevant visual evidence

##### 3.2.4. After deliberation:

- 3.2.4.1. If both referee members agree on the outcome (to correct or uphold the official results), the Taekwondo Canada representative will approve the decision
- 3.2.4.2. If the referee members disagree, the Taekwondo Canada representative will decide which opinion prevails

- 3.3. The panel's decision shall be final, publicly announced, and not subject to further appeal