

CANADA OPEN

FEB. 26-28, 2026

CALGARY,
ALBERTA



POOMSAE INFORMATION PACKAGE



- GENERAL INFORMATION -

SANCTIONING

World Taekwondo

10th Floor, Booyoung Taepyeong Building
55, Sejong-daero, Jung-gu, Seoul
Republic of Korea 04513

World Taekwondo G Ranking

G2

Pan American Taekwondo Union

General Guadalupe Victoria 214, Zona Centro, 20000
Aguascalientes, Mexico

ORGANIZER

Taekwondo Canada

2451 Riverside Drive
Ottawa, Ontario
Canada
K1H 7X7

Contact:

events@taekwondo-canada.com

Website:

taekwondo-canada.com/events/canada-open

VENUE & DATES

WinSport

88 Canada Olympic Road SW
Calgary, Alberta
Canada
T3B 5R5

February 26, 2026

- CONTESTANTS -

WORLD TAEKWONDO (WT) GLOBAL LICENSE

- A World Taekwondo Global Licence is required by all athletes, coaches and officials participating in the 2026 Canada Open. World Taekwondo Global License registrations & renewals can only be made through the WT recognized Member National Associations and applications should be made at least **2 months before the tournament starts** to ensure the WT Global License can be processed and approved in time. The WT Global License must be valid for 2026 or renewed to be used for 2026.
- The WT Global license is the responsibility of all participants (athletes, coaches and officials) participating at the 2026 Canada Open and must be registered and approved through their respective WT Member National Association.
- **There will be NO World Taekwondo Global Licenses registration onsite**

ATHLETE ELIGIBILITY

- Must be a member of the team/club of a pertinent Member National Association (MNA), recognized by World Taekwondo
- Must have a Kukkiwon Dan or Poom certificate
- Must have a valid 2026 World Taekwondo Global License with event pass
- Age Requirements:

RECOGNIZED INDIVIDUAL	RECOGNIZED PAIRS/TEAMS	FREESTYLE
Cadet - Born in 2012-2014 Junior - Born in 2009-2011 U30 - Born 1996-2008 U40 - Born 1986-1995 U50 - Born 1976-1985 U60 - Born 1966-1975 U65 - Born 1961-1965 O30 - Born 1995 and earlier O65 - Born 1960 and earlier	Cadet - Born in 2012-2014 Junior - Born in 2009-2011 U30 - Born 1996-2008 U50 - Born 1976-1995 U60 - Born 1966-1975 O60 - 1965 and earlier	U17 - Born 2009-2014 O17 - Born 2008 or earlier

COACH ELIGIBILITY & REQUIREMENTS

- Must have a valid 2026 World Taekwondo Global License with event pass
- Must have a valid World Taekwondo Poomsae Coach Certificate
 - Any coach that is unable to provide proof of a WT coach certification will not be permitted to coach at this event
 - For Access to the WT Poomsae Coach Certification course please visit:
worldtkd.simplycompete.com/courses?pageNumber=1&itemsPerPage=12&courseType=all&isArchived=false&isOffline=

Coach Dress Code and Regulations

- 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, PDA or video cameras
- Coaches perceived to be under the influence of alcohol/drugs will not be allowed in the competition area
- All coaches are required to wear a sport coat for the semi-final and final rounds
- Any type of cap/hat is not allowed

- COMPETITION & RULES -

POOMSAE COMPETITION

Competition Rules

- The latest published [World Taekwondo Poomsae Competition Rules & Interpretation](#) shall be applied
- The WT Technical Delegate has the authority to adjust the contest time as they see fit

Seeding

- World Taekwondo Poomsae World Ranking Bylaw will be applied
- Seeding will be done for Recognized Under 30, Recognized Under 40, and Over 17 Freestyle divisions
- All other poomsae divisions will not be seeded

Technical Meeting & Drawing of Lots

- The Technical Meeting will be held one (1) day prior to the start of competition on February 25th, 2026
- Poomsae Draws/Brackets will be completed at the Technical Meeting and posted on the following platforms afterwards:

- Website: taekwondo-canada.com/events/canada-open
- Facebook: facebook.com/Taekwondo.Canada

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

Freestyle Poomsae Music

- Music 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

ACCREDITATIONS

- Printed accreditations will be produced for all registered persons
- Registered persons must pick up their printed accreditations onsite at the designated times and locations outlined in the schedule
- Participants may be asked for photo identification at accreditation pick up (ie. passport)

ACCESS TO COMPETITION AREA

- Accreditation is mandatory to access the competition area or the warm-up area
- By accepting and/or downloading, all accredited persons agree to comply with the Field of Play regulations applicable at Taekwondo events
- Only athletes and their coaches will have admittance with valid accreditations to the contest areas

- EVENTS -

- Athletes may compete in a maximum of two (2) events per WT Competition Rules (in recognized poomsae and/or freestyle poomsae)

POOMSAE - RECOGNIZED

MALE DIVISIONS (Individual)	FEMALE DIVISIONS (Individual)	PAIRS (1 male & 1 female)	TEAMS (3 athletes of same sex)
Cadet	Cadet	Cadet	Cadet Male Team
Junior	Junior	Junior	Cadet Female Team
U30	U30	U30	Junior Male Team
U40	U40	U50	Junior Female Team
U50	U50	U60	U30 Male Team
U60	U60	O60	U30 Female Team
U65	U65		U50 Male Team
O65	O65		U50 Female Team
			U60 Male Team
			U60 Female Team
			O60 Male Team
			O60 Female Team

- Designated Compulsory Poomsae for each division as outlined in the [World Taekwondo Poomsae Competition Rules & Interpretation](#)

POOMSAE - FREESTYLE

MALE DIVISIONS (Individual)	FEMALE DIVISIONS (Individual)	PAIRS (1 male & 1 female)	TEAMS (5 members including a minimum of 2 males and 2 females)
U17	U17	U17	U17
O17	O17	O17	O17

- REGISTRATION & ACCREDITATION -

ONLINE REGISTRATION

- Individual and/or team registration must be completed online at worldtkd.simplycompete.com
- Event registration is only possible with a valid 2026 World Taekwondo Global License
- Registrations onsite will not be accepted**
- Contestants may compete in a maximum of two (2) events per WT Competition Rules (in recognized poomsae and/or freestyle poomsae)

TIMELINES & FEES

All registration deadlines are in Local Calgary Time (Mountain Time)

	TIMELINE	ATHLETES	COACHES	CHANGES TO EVENT
REGULAR REGISTRATION	Before February 6, 2026	\$155 USD <i>Per individual for 1 event</i> \$205 USD <i>Per individual for 2 events</i>	\$100 USD	Contact events@taekwondo-canada.com
LATE REGISTRATION	February 7, 2026 to February 13, 2026 at 17:00 MT	\$195 USD <i>Per individual for 1 event</i> \$245 USD <i>Per individual for 2 events</i>	\$100 USD	Contact events@taekwondo-canada.com
ONSITE	<u>NO REGISTRATIONS WILL BE ACCEPTED ONSITE</u>			\$50 USD or \$70 CAD for each change

- IMPORTANT NOTE REGARDING REGISTRATION DEADLINES:** 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.

PAYMENT

ALL ENTRY FEES SHALL BE PAID IN ADVANCE TO TAEKWONDO CANADA THROUGH SIMPLY COMPLETE DURING REGISTRATION

PAYMENT FOR REGISTRATION WILL NOT BE ACCEPTED ON SITE.

- **Payments must be made IN FULL** prior to the respective deadline to secure the corresponding rate
- Fees for event changes after registration deadline shall be collected at the accreditation desk
- There will be **NO REFUNDS** for this event
- If a wire transfer needs to be done directly to Taekwondo Canada due to national policies of MNA, please refer to the following information:

Name on account:	Taekwondo Canada
Name of bank:	Bank of Montreal
Bank address:	250 Greenbank Road, Ottawa, Ontario, K2H 8X4
Account number:	4604-940
Transit number:	29996
Institution number:	001
Swift code:	BOFMCAT2XXX

SUBMIT A COPY OF YOUR WIRE TRANSFER PAYMENT TO: EVENTS@TAEKWONDO-CANADA.COM

- AWARDS -

- Awards will be presented after the conclusion of the poomsae event
- Full results will be posted on the [Taekwondo Canada website](https://www.taekwondo-canada.com) after each day of competition

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

Team Awards

- Team awards will be given out to the top four (4) countries based on medalists

Special Awards

- Best Male and Best Female Poomsae Coach
- Best Male and Best Female Poomsae International Referee
- Best Male and Best Female Poomsae Athlete

- MEDICAL CONTROL -

EVENT MEDICAL SUPPORT

- A Physician & Athletic Therapists will be onsite (ringside and in the designated medical areas) to provide injury and illness care for all participants

ANTI-DOPING

- The WT Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions
- Compulsory anti-doping tests will be carried out for selected medalists, while random tests will be conducted to the rest of the athletes

- The WT and/or WADA may carry out random out of competition testing prior to this event

Therapeutic Use Exemption (TUE)

- Athletes who take any substance or medicine listed in the “Prohibited List” of the WT Anti-Doping Rules and Anti-Doping Code of World Anti-Doping Agency (WADA) for therapeutic purposes are requested to submit TUE applications via ADAMS, together with the required medical information. If you do not have an ADAMS account yet, please contact tue@ita.sport to have it set up.
- Otherwise, please download the TUE Application Form at [International Testing Agency - Therapeutic Use Exemption \(TUE\) Application Form - International Testing Agency \(ita.sport\)](#) and once duly completed and signed, send it together with the required medical file to tue@ita.sport with copy to antidoping@worldtaekwondo.org by at least 30 days before the first competition day. For more details, please see the following page of the WT website: worldtaekwondo.org/anti_doping-wt/therapeutic.html

TAPING & BRACING

- The latest published [World Taekwondo Taping and Bracing rules](#) will be applied

MEDICAL INSURANCE

- It is mandatory for all participating athletes, coaches and team officials to have medical insurance that covers medical care and in case of emergency, repatriation to their home country
- All relevant documents proving that such an insurance is present, including insurance policy papers, should be taken to the event in case a medical situation occurs

- VISA INFORMATION -

ENTRY VISA INFORMATION

The visa invitation letter for each registered individual will be automatically generated from WT GMS platform if the visa is requested during the registration for the event. All members who need an entry visa to Canada must be registered for the event in GMS. You must then use this letter to apply for you or your team member's visa.

If you need assistance with a Visa letter, please contact events@taekwondo-canada.com.

Visa Information

- Participants are required to check Canada's entry visa application waiting times in their own countries and submit requests for recommendation letters through the online form if applicable
- The Organizing Committee cannot guarantee entry into Canada and can only offer assistance
- It is the responsibility of each participant to apply for and secure the correct entry visa for Canada if required
 - The visa application process should be started at least one week before the waiting time deadline in the participant's home country

- MEDIA & PRESS -

MEDIA ACCREDITATION

- Registered media and press officials or official photographers are entitled to receive a media and press accreditation card

- For more information, contact Taekwondo Canada at ed@taekwondo-canada.com
- By accepting a media and press accreditation, the accredited person agrees to follow the instructions of Taekwondo Canada at all times

- FLIGHTS, ACCOMMODATION & TRANSPORTATION -

FLIGHTS

Our official carrier, Air Canada, offers discounts on flights from any city in its international network to Calgary, Alberta, Canada through its Meetings and Events program. Simply use the following promotional code **CGZW44Q1** before starting your flight search at aircanada.com to access special fares:

- 10% discount on standard Economy Class fares and lower Premium Economy and Business Class fares
- 15% discount on Flex fares and higher fares in Economy Class, Premium Economy Class, and Business Class

ACCOMMODATIONS

All accredited individuals participating at the event are strongly recommended to book their accommodations at the designated event hotels. Full details on designated host hotels, including booking links and preferred rates are provided at the end of the Information Package.

Participants are responsible for making their own reservations directly with the host hotels and are advised to book early to ensure availability.

TRANSPORTATION

Transportation is the sole responsibility of participants. All attendees are expected to arrange their own transportation between the airport, host hotel, competition venue, and any other event locations.

Should official event transportation options become available, details will be communicated to registered participants in advance of the event.

- ADMISSION -

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 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

For more information on the Canadian Safe Sport Program, please visit 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.

- SCHEDULE -

EVENT SCHEDULE

****Times and locations are subject to change****

DATE	TIME (MT)	EVENT	LOCATION
February 25, 2026	9:00 - 16:00	Accreditation Pick Up	TBC
	17:00	Technical Meeting for Poomsae and Kyorugi	WinSport
February 26, 2026	8:30 - 15:30	Accreditation Pick Up (Kyorugi & Coaches only) & Admission	WinSport
	9:00	Poomsae Competition	WinSport
	10:00 - 12:00	General Weigh-In for Cadet and Junior Kyorugi divisions	WinSport
	16:00	Publication of Cadet and Junior Kyorugi draw sheets	
February 27, 2026	6:30	Publication of Random Weigh-In for Junior Kyorugi divisions	
	8:00	Random Weigh-In for Junior Kyorugi divisions	WinSport
	8:30 - 15:30	Accreditation Pick Up (Kyorugi & Coaches only) & Admission	WinSport
	9:00	Cadet and Junior Kyorugi Competition	WinSport
	10:00 - 12:00	General Weigh-In for Senior Kyorugi divisions	WinSport
	16:00	Publication of Senior Kyorugi draw sheets	
February 28, 2026	6:30	Publication of Random Weigh-In for Senior Kyorugi divisions	
	8:00	Random Weigh-In for Senior divisions	WinSport
	8:30 - 15:30	Admission	WinSport
	9:00	Senior Kyorugi Competition	WinSport

- MEDIA RELEASE -

I hereby agree to be filmed, videotaped and photographed, and to have my name, image, picture, likeness, voice and biographical information otherwise recorded, in any media, by Taekwondo Canada (TC) and its official photographers and video crews, and by any other entity authorized by Taekwondo Canada (the "Footage"). I hereby grant Taekwondo Canada and its assigns the irrevocable, perpetual, fully paid up, worldwide right and license to use, and to authorize third parties to use, in all media, the Footage for: (1) news and information purposes, (2) promotion of me and the specific competition(s) in which I compete, (3) promotion of Taekwondo Canada Teams, and (4) promotion of Taekwondo Canada without the need to seek any further consent from me.

I acknowledge and agree that the programming in which the Footage is used, and the media through which the Footage is distributed, may contain advertising and sponsorships; provided that, in no event may Taekwondo Canada use or authorize the commercial use of the Footage in any manner that would imply my endorsement of any company, product, or service, without my written permission.

My permission will not be unreasonably withheld, delayed or conditioned provided that the proposed commercial association does not create sponsor conflicts for me. Taekwondo Canada shall have all right, title and interest in any and all results and proceeds from usage of the Footage.



Four Points by Sheraton Hotel & Suites Calgary West

**8220 Bowridge Crescent NW
Calgary, AB T3B 2V1
403-202-4411**

[Four Points West Site](#)

Distance to Venue (WinSport): 1.7 Km / 7 minutes

Distance to Airport: 34 Km / 25 minutes

Guestroom Rates:

Queen Suite (2 Queen/sofa bed) \$179 s/d - \$199 s/q + tax
Queen Standard (Queen/King) \$159 s/d - \$179 s/q + tax

Booking Rooms: Individuals can call 403-288-4441 and quote group name "**2026 Canada Open Taekwondo Championship**". Or please use website link:

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1753457160949&key=GRP&app=resvlink>

to book your rooms. Credit card number is required to guarantee the booking.

Teams please contact – Karam Hammoud, Sales Manager,
salesmgr@fourpoints-Calgary.ca

Information:

- Breakfast included
- Complimentary WiFi
- Avenue 16 Kitchen & Bar
- Check-in time is 3pm and check-out is 12 NOON
- Indoor Heated Pool, Waterslide and Fitness Centre
- Fridges & microwaves in all rooms

Individual Cancellations: 7 days prior to arrival before 6pm to avoid a penalty of 1 night room and tax.



Group Cut off Date: Jan 9th , 2026



125 Bowridge Drive NW
Calgary, AB T3B 3R6
403-288-6033
[Sandman West Site](#)

Distance to Venue (WinSport): 1.9 km / 6 mins
Distance to Airport: 34.1 km / 25 mins

Guestroom Rates:

Standard room (2 double beds) – \$135 s/q
Standard Suite (King/Sofa Bed + kitchenette) – \$145 s/q
Family Suite (King/2 singles + kitchenette) – \$155 s/q

Booking Rooms: Individual attendees can call 403-288-6033. **Group Name: 2026 Canada Open Taekwondo Championships or use reservation link**
<https://reservations.sandmanhotels.com/113125?&groupID=4881245#/>

Information:

- Complimentary WiFi
- Heated Indoor Pool, whirlpool and Fitness Centre
- Complimentary parking
- Denny's Restaurant – 24 Hours
- Bar One Urban Lounge
- Fridges & microwaves in all suites
- Discounted team menus
- Coin laundry

Individual Cancellations: 72 hours prior to arrival. Any reservation cancelled during time frame is subject to one night room & taxes.



Group Cut off Date: Jan 24th, 2026



Aloft Calgary University Hotel

**2359 Banff Trail NW
Calgary, AB T2M 4L2
403-289-1973**

[Aloft University Site](#)

Distance to Venue (WinSport): 8.8 km / 13 min

Distance to the Airport: 17.5 km / 22 min

Guestroom Rates:

Standard Queen/Queen - \$159.00+taxes s/d

Standard Queen/Queen - \$169.00+taxes s/t

Standard Queen/Queen - \$179.00+taxes s/q

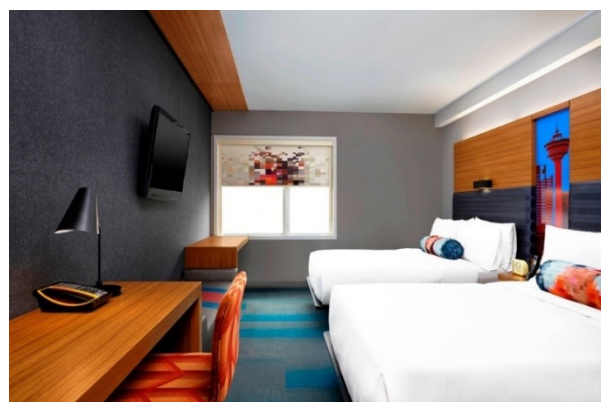
Booking Rooms: Individuals can call 403-289-1973 and quote group name **"2026 Canada Open Taekwondo Championships"**. Or please use website link:

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1753461832049&key=GRP&app=resvlink> to book your rooms. Credit card number is required to guarantee the booking.

Information:

- Complimentary Hot Buffet Breakfast
- Complimentary High-Speed Internet
- Complimentary Parking
- Check-in time is 3pm and check-out is 12 noon
- W XYZ Bar and Lounge
- Re:fuel by Aloft – gourmet pantry
- Indoor Pool, Fitness Centre and Spa

Individual Cancellations: 7 days prior to arrival



Group Cut off Date: Jan 9th, 2026