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HALIFAX
NOVA SCOTIA FEBRUARY 5-7

TAEKWONDO CANADA NATIONAL CHAMPIONSHIPS 2026



TAEKWONDO CANADA

Canada

HALIFAX

NOVA SCOTIA

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HALIFAX

TKDNS



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UPDATED NOVEMBER 10, 2025

- 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

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

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

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- 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

SEEING

- 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
 - 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		
		+59kg	+65kg	+68kg	+78kg		

- **Weight Changes**
 - **Deadline:** Weight changes will be accepted until January 23rd, 2026 at 17:00 Eastern Time
 - **Weight changes must be made by emailing** events@taekwondo-canada.com
 - **Any weight changes requested after the January 23rd, 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

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- 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

- 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

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

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- 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
 - Facebook: 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 (Individual)	FEMALE DIVISIONS (Individual)	PAIRS (1 male & 1 female)	TEAMS (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 (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

PARA POOMSAE			
MALE DIVISIONS (Individual)	FEMALE DIVISIONS (Individual)	PAIRS (1 male & 1 female)	TEAMS (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

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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 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

- Cut off System will be utilized for all poomsae divisions

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
- **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

- Poomsae Draws 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
- 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

- **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
 - Club identification on uniforms will not be permitted, only Canada or Canadian province will be accepted

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- **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
 - **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 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 REGISTRATION RATE	LATE REGISTRATION RATE	CHANGES TO EVENT(S)
Athlete per event	\$150.00 USD	\$170.00 USD	

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(1 kyorugi or 1 poomsae event)			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 23rd, 2026 at 17:00 Eastern Time and can be made by emailing events@taekwondo-canada.com
 - Any weight changes requested after the January 23rd, 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
 - 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 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

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- 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 -

FLIGHTS

Our official carrier, Air Canada, offers discounts on flights from any city in its international network to Halifax, Nova Scotia, Canada through its Meetings and Events program. Simply use the following promotional code **CPYB87R1** 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

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, Cambridge Suites Halifax & the Westin Nova Scotian 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

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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 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 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

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- 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
- <https://cces.ca/report-safe-sport>

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

For more information on the Canadian Safe Sport Program, please visit cces.ca/canadian-safe-sport-program.

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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

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- 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	General Weigh-in 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	Random Weigh-In All Junior Kyorugi divisions, except heavy weight	Halifax Convention Centre
	9:00	Competition Begins <u>Poomsae</u> Individual Recognized: Youth, Cadet, Junior, U60, U65, O65 Individual Freestyle: U17, O17 All Para Poomsae divisions <u>Kyorugi</u> Junior Kyorugi Divisions Youth Olympic Weight Class Fight-Offs	Halifax Convention Centre
	9:00 to 10:00	Test Scale	Halifax Convention Centre
	10:00 to 12:00	General Weigh-in 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	Competition Begins <u>Poomsae</u> Individual Recognized: U30, U40, U50 Pairs & Teams Recognized: Youth, Cadet, Junior, U30, U50, U60, O60 Pairs & Teams Freestyle: U17, O17 <u>Kyorugi</u> Cadet Kyorugi Divisions	Halifax Convention Centre
	9:00 to 10:00	Test Scale	Halifax Convention Centre

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	10:00 to 12:00	General Weigh-in All Senior Kyorugi Divisions	Halifax Convention Centre
	12:00 to 14:00	General Weigh-in All Youth Kyorugi Divisions	Halifax Convention Centre
February 7, 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	Random Weigh-In All Senior Kyorugi divisions, except heavy weight	Halifax Convention Centre
	9:00	Competition Begins <u>Kyorugi</u> Youth and Senior Kyorugi Divisions	Halifax Convention Centre

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- 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 in a disqualification of the participant from the event.

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- APPENDIX B -

OFFICIAL PROTEST PROCEDURES FOR POOMSAE AT CANADIAN NATIONAL CHAMPIONSHIPS

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