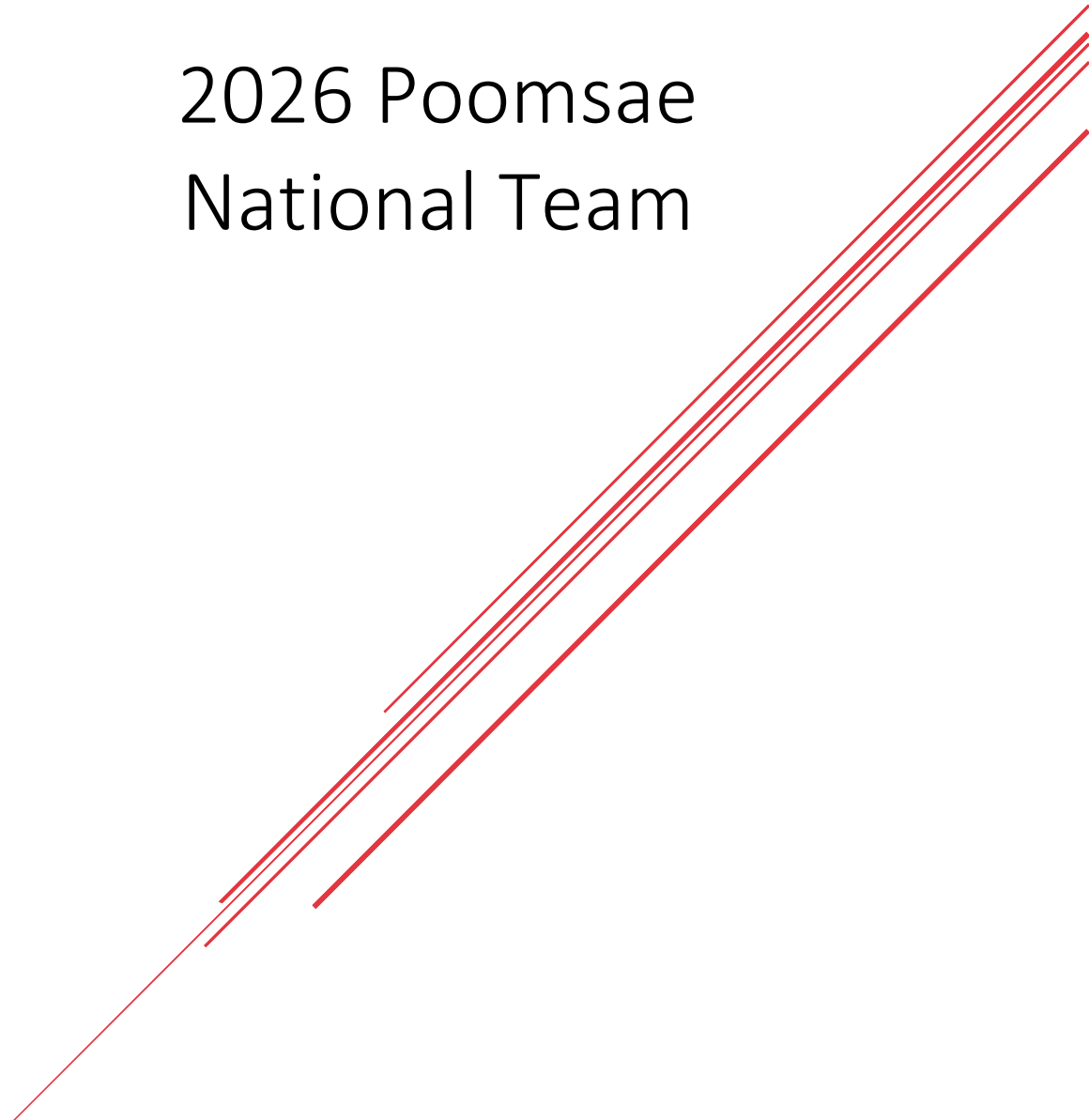




TAEKWONDO CANADA

Selection Criteria

2026 Poomsae National Team



613-695-5425 | info@taekwondo-canada.com | taekwondo-canada.com

House of Sport, 2451 Riverside Drive, Ottawa, Ontario, K1H 7X7

Table of Contents

OVERVIEW: 2026 TAEKWONDO CANADA POOMSAE NATIONAL TEAM	2
1. INTRODUCTION.....	2
2. PARTICIPATION AT CHAMPIONSHIP LEVEL EVENTS	2
3. DECISION MAKING AUTHORITY.....	2
4. ELIGIBILITY REQUIREMENTS.....	3
5. ATHLETE GENERAL REQUIREMENTS TO MAINTAIN NOMINATION	3
6. ATHLETE SELECTION CRITERIA.....	4
7. COMPETITIVE READINESS	5
8. LOSS OF SELECTION STATUS.....	5
9. REPLACEMENT OF AN ATHLETE	5
10. COACH ELIGIBILITY REQUIREMENTS	6
11. COACH AND STAFF NOMINATION AND SELECTION.....	6
12. AMENDMENTS AND UNFORSEEN CIRCUMSTANCES	6
13. APPROVAL AND APPEAL PROCESS.....	8
14. FUNDING	8
CONTACT	8

OVERVIEW: 2026 TAEKWONDO CANADA POOMSAE NATIONAL TEAM

Tour(s) Dates:	To be determined (TBD) based on high performance plan.
Competition(s):	Events TBD based on World Taekwondo published calendar.
Team Size(s):	Maximum of one entry per poomsae division.
Team Leader(s):	Taekwondo Canada may appoint a Head of Team.
Head Coach(es):	A Head Coach may be appointed.
Team Coaches:	Team coaches will be nominated based on allocated spots provided by the event organizers.
Selection Event(s):	2026 Taekwondo Canada National Championships and Team Selections (hereby referred to as the “2026 Poomsae National Team Selection Event”), dates and location TBD.
Responsibilities:	Taekwondo Canada is responsible for developing and approving the Selection Criteria for the 2026 Poomsae National Team(s). All team selections, including alternates (if applicable) and staff, will be ratified by the High Performance Director (HPD). The HPD is responsible for ensuring that the process outlined in this document is properly followed and that the selection process is fair and equitable for all candidates.

1. INTRODUCTION

- 1.1 **Purpose:** The purpose of this criteria is to select Taekwondo Canada’s Poomsae National Team(s) for 2026 Poomsae International Events.
- 1.2 **Objective:** The objective of this document is to have a fair and transparent selection process which selects the best athletes and coaches to represent Canada.
- 1.3 **Participation of Taekwondo Canada:** Taekwondo Canada can send up to one (1) entry per division to official events if Taekwondo Canada deems them safe to attend.

2. PARTICIPATION AT CHAMPIONSHIP LEVEL EVENTS

- 2.1 Age of eligibility for nomination as a Cadet to a Poomsae National Team will follow a best-practices approach to Long Term Athlete Development. As a World Championships should not be used as a development opportunity and first experience at an international event, Taekwondo Canada will not send Cadets to a World Taekwondo Poomsae Championships who have not previously competed at a World Taekwondo (WT) and/or Pan American Taekwondo Union (PATU) international event prior to the World Championships competition dates.
 - 2.1.1 As Freestyle poomsae utilizes a combined age category for Under 17 Individual, Pair, and Team it is exempt from the condition outlined in Article 2.1. However, all Cadet aged athletes that are eligible to participate in a Freestyle event at a World Taekwondo Poomsae Championships are strongly advised to compete at a WT and/or PATU international event prior to the World Championships competition dates.

3. DECISION MAKING AUTHORITY

- 3.1 Selections to Taekwondo Canada’s 2026 Poomsae National Team(s) will be conducted by the HPD.
- 3.2 The HPD has the final authority over the selection of the team. After the selection process is completed, if any spots remain unfilled, the HPD has the authority to fill those spots.
- 3.3 If unanticipated circumstances arise that are not covered in the selection criteria, a final and binding decision will be made by the HPD.
- 3.4 The HPD will confirm the final team composition for all major championships and Games using the criteria published in this document.
- 3.5 On-site Decision Making Authority:

- 3.5.1 During the actual competition period onsite at any Poomsae National Team events, all final decision making authority will reside with the HPD or designated Team Leader.
- 3.5.2 If the HPD or designated Team Leader is prevented from exercising their functions for any reason, the authority to make decisions in accordance with this Selection Criteria shall be vested in the Head Coach or named Team Coach until the HPD or designated Team Leader is able to resume their functions.

4. ELIGIBILITY REQUIREMENTS

At the time of nomination to an event, all athletes seeking nomination to the team(s) must meet the following eligibility requirements:

- 4.1 Age of eligibility for nomination to a Poomsae National Team will follow a best-practices approach to Long Term Athlete Development.
 - 4.1.1 For a World Taekwondo Poomsae Championships, must have been born in 2011 or earlier unless it is a Cadet athlete that has met the requirements outlined in Section 2.
 - 4.1.2 For a Continental and/or Regional Poomsae Championships, must have been born in 2014 or earlier.
- 4.2 Must be a registered participant in good standing with Taekwondo Canada.
- 4.3 Must be a Kukkiwon Dan/Poom holder.
- 4.4 Must hold a valid 2026 World Taekwondo Global Athlete License.
- 4.5 Must be eligible to represent Canada at major international events under the eligibility requirements of World Taekwondo (WT) and Taekwondo Canada.
- 4.6 Athletes must be Canadian citizens to represent Canada at official international events or to compete at National Championships.
- 4.7 Have a valid Canadian passport.
- 4.8 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, Sport Integrity Canada (SIC) or any other Anti-Doping Organization.
- 4.9 Must not be serving a period of ineligibility for a code violation or be under a provisional suspension following the assertion of a code violation under the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS).
- 4.10 Must sign an acknowledgement and consent form and agree to be under the jurisdiction of SIC and be subject to the terms in the UCCMS for the duration of Taekwondo Canada National Events in which they are participants.
- 4.11 Must sign an Athlete Agreement as required by Taekwondo Canada.
- 4.12 Athletes selected to the 2026 Poomsae National Team will only be allowed to use equipment that meets the rules and regulations of WT.
- 4.13 Should any of the eligibility requirements enumerated above change between the time of publication of this document and the time of the event for reasons that are beyond the control of Taekwondo Canada, all athletes will be promptly notified.

5. ATHLETE GENERAL REQUIREMENTS TO MAINTAIN NOMINATION

- 5.1 Athletes must maintain ongoing eligibility requirements in accordance with Section 4 above.
- 5.2 Athletes must declare to Taekwondo Canada any injury or illness (as soon as possible after it arises) that can affect their training preparation for the event they qualified for.
- 5.3 A medical report (from a Taekwondo Canada recognized medical staff member) can be requested.

6. ATHLETE SELECTION CRITERIA

6.1 Divisions

6.1.1 Poomsae classifications and divisions will be as per WT Poomsae Competition Rules.

6.2 Individual Selection

6.2.1 The winner (gold medalist) in each individual poomsae division at the 2026 Poomsae National Team Selection Event will be offered a position on Taekwondo Canada's 2026 Poomsae International Event team(s) provided the division at the event corresponds to the division at the 2026 Poomsae National Team Selection Event.

i. The second-place finisher (silver medalist) will be named as the alternate

6.2.2 Any remaining vacant divisions following nominations from 6.2.1 will remain vacant.

6.3 Mixed Pair Selections

6.3.1 The winner (gold medalist) in each pairs poomsae division at the 2026 Poomsae National Team Selection Event will be offered a position on Taekwondo Canada's 2026 Poomsae International Event team(s) provided the division at the event corresponds to the division at the 2026 Poomsae National Team Selection Event.

i. The second-place finisher (silver medalist) will be named as the alternate.

6.3.2 Any remaining vacant divisions following nominations from 6.3.1 will remain vacant.

6.4 Team Selection

6.4.1 The winner (gold medalist) in each teams poomsae division at the 2026 Poomsae National Team Selection Event will be offered a position on Taekwondo Canada's 2026 Poomsae International Event team(s) provided the division at the event corresponds to the division at the 2026 Poomsae National Team Selection Event.

i. The second-place finisher (silver medalist) will be named as the alternate.

6.4.2 Should any member of a team decline the nomination, the remaining team members may make a formal request to the HPD for a replacement provided that the replacement has also competed in any division at the 2026 Poomsae National Team Selection Event and meets all eligibility requirements. Recognized poomsae teams (three members) are allowed one (1) replacement. Freestyle poomsae teams (five members) are allowed up to two (2) replacements

6.4.3 Any remaining vacant divisions following nominations from 6.4.1 and 6.4.2 will remain vacant.

6.5 Over Qualifying Athletes

6.5.1 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.

6.6 Event Entry and Vacant Divisions

6.6.1 Selection does not guarantee specific event entry. Individual entries and team composition will be determined by Taekwondo Canada's HPD and appointed Team Coach(es) with the goal being to maximize podium potential at the specific event.

6.6.2 Upon completion of the athlete selection process for a specific Taekwondo Canada 2026 Poomsae International Event team as outlined through articles 6.2 to 6.5 AND prior to the finalization of event entries, Taekwondo Canada's HPD and appointed Team Coach(es) have the sole discretion to fill vacant divisions and confirm any team replacements using athletes already selected through articles 6.2 to 6.5 AND already named to the team.

6.6.3 Any necessary changes in athlete specific event entries to fill vacant divisions must still meet the requirements under 6.5 for Over Qualifying Athletes, as well as the team member replacement limitations as outlined under 6.4.2.

6.7 Wildcard Entries

6.7.1 Any athlete that has earned a Wildcard entry through PATU must still meet eligibility requirements in accordance with Section 4 and are considered as earning a position on

Taekwondo Canada's 2026 Poomsae International Event team(s) with all aspects of the 2026 Poomsae National Team Selection Criteria applied.

7. COMPETITIVE READINESS

- 7.1 "Competitive readiness" is defined as the ability of the athlete to achieve equal or superior performance(s) at the scheduled event, as compared to the performance(s) the athlete achieved in qualifying.
- 7.2 Athletes must agree to participate in any Taekwondo Canada designated camps related to this event. Failure to comply will lead to removal from the team.
- 7.3 Athletes who do not remain competitively ready by reason of lack of fitness, injury, or illness may be removed from the team based on proximity and dates of competition.
- 7.4 Taekwondo Canada's HPD and the National Team Physician will make the final decision on competitive readiness in concert once the nomination and selection processes are completed. These two individuals will have absolute discretion about which factors they will consider in making their final decision.
- 7.5 Injured or ill athletes may be subject to a proof of readiness to be determined by the HPD and National Team Physician in consultation with the athlete's personal coach. These athletes will not travel with the team until this requirement has been satisfied. Final decisions on the selection of athletes to participate in a specific event shall be made by the HPD.

8. LOSS OF SELECTION STATUS

- 8.1 During the selection and qualification period, the Decision Making Authority (DMA) as outlined in Section 3 may, at any time, and at their discretion, remove an athlete from the Canadian Team if, after following the relevant and applicable disciplinary process, the athlete has been found to have violated Taekwondo Canada's Code of Conduct. Taekwondo Canada will advise the affected athlete, in writing, of their decision to remove them from the Canadian Team.
- 8.2 Athletes must maintain ongoing eligibility requirements in accordance with Section 4.
- 8.3 An athlete's selection may be withdrawn at any time, even after notification, acceptance, or signing of an Athlete Agreement, if in the opinion of Taekwondo Canada, an athlete has:
 - 8.3.1 Failed to respect any conditions indicated in the signed Taekwondo Canada Athlete Agreement.
 - 8.3.2 An inability to perform due to injury, illness or for other medical reasons as determined by Taekwondo Canada's medical staff.
 - 8.3.3 Violated the signed Taekwondo Canada Team Protocols.
 - 8.3.4 Detrimental conduct to the team and/or the image of Taekwondo Canada or the national team program.
 - 8.3.5 Failed to adhere to the anti-doping rules or requirements of any anti-doping organization with authority over the athlete.

9. REPLACEMENT OF AN ATHLETE

- 9.1 Should an injury or unforeseen circumstance prevent a selected athlete from competing at a specific event for which they qualified, the athlete must immediately notify Taekwondo Canada in writing.
- 9.2 The alternate athlete may be named as the replacement. No nomination will be made to the team(s) if the alternate athlete is also unable to compete.
- 9.3 The decision to nominate an athlete to a particular event will be made at the sole discretion of the High Performance Director (HPD).

10. COACH ELIGIBILITY REQUIREMENTS

- 10.1 Must be 21 years of age or older at the time of respective international event participation.
- 10.2 Must be Performance Coach certified and have a valid Registered Coach or Chartered Professional Coach membership with the Coaching Association of Canada.
- 10.3 Must be a registered participant in good standing with Taekwondo Canada.
- 10.4 Must hold a valid 2026 World Taekwondo Global License.
- 10.5 Must be eligible to represent Canada at major international events under the eligibility requirements of WT and Taekwondo Canada.
- 10.6 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, Sport integrity Canada (SIC) or any other Anti-Doping Organization.
- 10.7 Must sign an acknowledgement and consent form and agree to be under the jurisdiction of SIC and be subject to the terms in the UCCMS for duration of Taekwondo Canada National Events in which they are participants.
- 10.8 Must not be serving a period of ineligibility for a code violation or be under a provisional suspension following the assertion of a code violation that inhibits their ability to fully act in the role of a coach by the SIC that is responsible for the administration of the UCCMS.
- 10.9 Must sign a Coach, Management and Staff Agreement as required by Taekwondo Canada.
- 10.10 Should any of the eligibility requirements enumerated above change between the time of publication of this document and the time of the event for reasons that are beyond the control of Taekwondo Canada, all coaches will be promptly notified.

11. COACH AND STAFF NOMINATION AND SELECTION

- 11.1 Taekwondo Canada may appoint a Head of Team and/or team manager for the 2026 Poomsae National Team(s). This appointment shall be at the sole discretion of the Taekwondo Canada HPD.
- 11.2 The HPD may select sport science and/or medical support staff for the 2026 Poomsae National Team(s). These appointments shall be at the sole discretion of the Taekwondo Canada HPD.
- 11.3 A Head Coach for the 2026 Poomsae National Team(s) may be appointed. This appointment shall be at the sole discretion of the Taekwondo Canada HPD.
- 11.4 Team coaches will be nominated to the 2026 Poomsae National Team(s) based on allocated spots provided by the event organizers. If Taekwondo Canada is able to secure additional passes, additional coaches may be nominated to the team to ensure best possible performance and team cohesion. Athlete performance and coaches with multiple athletes nominated to the team will be evaluated for coach nominations. Coaches of athletes that have earned a Wildcard entry through PATU will be considered for team nomination in accordance with the same principles and are not guaranteed a coaching appointment solely on the merits of a Wildcard entry. The Taekwondo Canada HPD has the authority and sole discretion to nominate team coaches to the 2026 Poomsae National Team(s).
- 11.5 Coaches and staff will need to sign and comply with a Taekwondo Canada Coach, Management and Staff Agreement.

12. AMENDMENTS AND UNFORSEEN CIRCUMSTANCES

- 12.1 Any changes to this document shall be communicated directly to all affected parties. This clause shall not be used to justify changes after a competition or trials which formed part of these Selection Criteria unless it is related to an unforeseen circumstance. This is to allow for changes to this document that may become necessary due to a typographical error or a lack of clarity in a definition or wording before it has an impact on athletes. In the event of a change to this document, Taekwondo Canada shall republish amended Selection Criteria immediately.

- 12.2 In the event of unforeseen circumstances beyond the control of Taekwondo Canada that prevents the HPD from fairly implementing these Selection Criteria as written, Taekwondo Canada’s Executive Director (ED) shall have the full discretion to resolve the matter as they see fit, considering factors and circumstances that they deem relevant.
- 12.3 In situations where unforeseen circumstances do not allow the selection process to be fairly and objectively applied, the HPD in consultation with the ED, reserves the right to rule on an appropriate course of action.
- 12.4 The HPD reserves the right to review and modify any selection criteria or decision related to the selection process in the case of rule or policy changes from WT that affect the selection criteria set out in this document. In the event that the selection criteria are modified, Taekwondo Canada will promptly post an announcement on its website announcing the changes.
- 12.5 Further, situations may arise that do not allow the selection criteria to be modified or applied as written due to time constraints or other exceptional or unforeseen circumstances. In such situations, any decision, including selection to teams, will be made by Taekwondo Canada’s HPD, in accordance with the selection principles as stated herein. Should it be necessary to make any decision in this manner, Taekwondo Canada will communicate with all affected individuals as soon as possible.
- 12.6 Should it be necessary to cancel or postpone any event specified in this Selection Criteria that is conducted under the authority of Taekwondo Canada, such decision shall be made by the relevant person(s) or body within Taekwondo Canada under whose authority the event was originally to be held.
- 12.6.1 Decisions to cancel or postpone any event specified in this Selection Criteria shall be made:
- i. Only when necessary, such as when it has become impossible or unreasonably difficult to hold the event at all or on the originally scheduled date.
- AND
- ii. As soon as reasonably possible after Taekwondo Canada has become aware that the event cannot be held.
- 12.6.2 If any event specified in this Selection Criteria is canceled, Taekwondo Canada shall determine whether it is feasible to reschedule the event in a different location and on a different date than previously scheduled and shall communicate any such decisions to reschedule the event to all impacted individuals as soon as reasonably possible, taking into account the time needed for athletes to prepare for the rescheduled event and for any logistical matters in relation to the event to be addressed, including, but not limited to, any matters related to Taekwondo Canada’s organization of the event, as well as athlete and athlete entourage travel to the location of the rescheduled event.
- 12.6.3 Taekwondo Canada may also determine, at its sole discretion, following consultation with the relevant and necessary individuals and/or committees within Taekwondo Canada’s structure, to hold alternative replacement events or assessments for the purpose of nomination to the 2026 Poomsae National Team(s), but only where feasible and where the nomination procedure indicated in this Selection Criteria, including the stated performance objectives, are not prejudiced.
- 12.6.4 Should any event specified in this Selection Criteria be canceled, postponed, rescheduled or replaced, Taekwondo Canada shall update the nomination procedures indicated in this Selection Criteria, as applicable, as soon as reasonably possible and shall communicate any modifications to all impacted individuals, as well as publish the modified Selection Criteria on its website, prior to the postponed, rescheduled or replacement event.
- 12.6.5 Decisions made pursuant to this clause shall not be subject to appeal and do not apply to the cancellation of events that are conducted under the authority of organizations other than Taekwondo Canada.
- 12.7 Taekwondo Canada recognizes that athletes, athlete entourage and staff may, for safety reasons, decide not to travel to and participate in events indicated in this Selection Criteria that will be used for nomination to the 2026 Poomsae National Team(s), even in circumstances when the event may proceed as planned, and even when Taekwondo Canada has decided to host the event following consultation with medical and public health safety experts, that it is safe to do so.

- 12.7.1 In such circumstances, athletes will be responsible for any impact that their decision may have on their 2026 Poomsae National Team(s) status, and their ability to obtain selection to the 2026 Poomsae National Team(s).

13. APPROVAL AND APPEAL PROCESS

- 13.1 Any dispute relating to Taekwondo Canada's Selection Criteria for the 2026 Poomsae National Team(s) must follow Taekwondo Canada's appeal procedures and can be found at: <https://taekwondo-canada.com/about-us/bylaws-policies/>.
- 13.2 Final decisions on the selection of athletes to participate in a specific event shall be made by the HPD.
- 13.2.1 Appeals on matters of team selections can be brought directly before the Sport Dispute Resolution Center of Canada (SDRCC).
- 13.3 Issues not otherwise addressed by this selection document shall be resolved by the HPD.

14. FUNDING

- 14.1 Funding for the 2026 Poomsae National Team(s) and any associated mandatory training camps will be dependent on the Taekwondo Canada high performance event budget.

CONTACT

For clarifications or questions on the contents of the Selection Criteria, please contact either Allan Wrigley awrigley@taekwondo-canada.com or Brittany Rich brich@taekwondo-canada.com.