



2010 Senior and Para National Taekwondo Championships

*****PLEASE REMEMBER:**

1. Your registration is not complete until you have satisfied the Kukkiwon and Citizenship requirements by the indicated deadline.
2. After registering online, please make sure that you double check your online registration information to make sure that no mistakes were made.
3. If you are unsure of anything or have any questions, please contact Michelle Robb at michelle@wtfcanada.com.

*****READ THIS DOCUMENT IN FULL FOR ALL THE DETAILS*****

- Registration Centre:** WTF Taekwondo Association of Canada
506-1376 Bank Street
Ottawa, ON K1H 7Y3
Fax: (613) 523-6651
Email: info@wtfcanada.com
- Competition Location:** **Shaw Conference Center**
9797 Jasper Avenue Northwest Edmonton, AB T5J 1N9
Phone 780.421.9797
<http://www.edmonton.com/shaw-conference-centre/default.aspx>
- Host Hotel** **Courtyard® by Marriott® Edmonton Downtown**
One Thorton Court, 99 Street & Jasper Avenue
Edmonton, AB T5J 2E7
Phone 780.423.9999
Toll Free 1.866.441.7591
<http://www.marriott.com/hotels/travel/yegcy-courtyard-edmonton-downtown/>
- Quote 'Senior National Taekwondo Championship'**
Rate \$119.00/Night+GST+5% Room Tax
Cut Off Date: March 29, 2010
- Host Hotel is within walking distance of Venue.**
- Registration Deadline:** **April 16, 2010 (Friday) at 23:59 PST (Pacific Standard Time)**

All documents /items must be received by April 16, 2010 at 23:59 PST or earlier. Please note **THERE WILL ONLY BE ONE DEADLINE.** All missing documents must be received by the deadline date. **NO EXCEPTIONS.** There will be **no late deadline date** and there will be **no exceptions** to the deadline indicated above. Please do not contact Taekwondo Canada requesting an extension to the deadline for any reason.

Registration Checklist:

The following items must be received by Taekwondo Canada in order for your registration to be considered completed:

- ✓ Online Registration Form
- ✓ Proper Payment
- ✓ Listed in the Taekwondo Canada Kukkiwon Database - Check www.wtfcanda.com/Kukkiwon/kukkiwondb.htm to ensure you are in our database
- ✓ Fax (613) 523-6651 or email info@wtfcanda.com, proof of Canadian Citizenship to Taekwondo Canada. A copy of your Birth Certificate is preferred, but Passport and Citizenship Card are also accepted.

Photo:

Emailing a your photo is **MANDATORY** for ID card pick up. Please email a regular picture or close up of your face in any format (JPEG, JPG, BMP, etc) to **Michelle Robb at michelle@wtfcanda.com**. Photo must be sent by April 16, 2010,

Fees: \$ 21.00 processing fee is included all fees

Athletes

Sparring Only (Able and Para)	\$ 141.00
Individual Poomse Only (Able and Para - amputee / legally blind)	\$ 141.00
Sparring and Individual Poomse (Able and Para)	\$ 181.00
Pairs Poomse (Same and Mixed Sexes)	\$ 181.00 / team of 2
Team Poomse (Same and Mixed Sexes)	\$ 201.00 / team of 3

Team Officials - A Provincial/Territorial Team can consist of six (6) members including:

Head of Team

Team Manager

Head Coach (Must be minimum 1st Dan and registered with Taekwondo Canada Database)

Team Coaches (Must be minimum 1st Dan and registered with Taekwondo Canada Database)

Team Doctor (Must be a Doctor approved by Dr. Mohsen Kazemi)

Three to Six Team Officials	\$ 105.00
Individual Official or Coaches	\$ 42.00

Competitor Eligibility:

1. Applicants must be Canadian citizens, and have proof of citizenship (Birth Certificate or Canadian Passport)
2. Applicants must hold a Kukkiwon **Dan Certificate, not a Poom**, and must be listed in the Taekwondo Canada Kukkiwon Database; you can view the database at www.wtfcanda.com.
3. Applicants must obtain the approval of the affiliated Province/Territorial Taekwondo Association President in the Province/Territory in which she/he is a member.
4. Applicants are eligible to compete at the Sr. Nationals with Dan certificate "in progress" through Taekwondo Canada. For more information please contact **Michelle Robb** at michelle@wtfcanda.com.

Weight Class Changes for Registration:

Weight Class change can be made any time until April 16, 2010 at 23:59 PST via email to **Michelle Robb** at michelle@wtfcanda.com, at no extra cost. You may not change weight classes after April 16, 2010 at 23:59 PST.

WTF WEIGHT CLASSES

MALE (In Kg)	DIVISION	FEMALE (In Kg)
- 54	FIN	- 46
+ 54, - 58	FLY	+ 46, - 49
+ 58, - 63	BANTAM	+ 49, - 53
+ 63, - 68	FEATHER	+ 53, - 57
+ 68, - 74	LIGHT	+ 57, - 62
+ 74, - 80	WELTER	+ 62, - 67
+ 80, - 87	MIDDLE	+ 67, - 73
+ 87	HEAVY	+ 73

Registration Confirmation:

Once you complete the online registration and payment, you will receive an email confirmation. The only confirms the online registration and payment; **you may have to complete the Kukkiwon and Citizenship requirement.** Please ensure these are taken care of as well prior to April 16, 2010 at 23:59 PST. If you have any concerns, please contact Taekwondo Canada to ensure your registration is complete at michelle@wtfcanda.com.

Taekwondo Canada will also try to provide updated lists on its website of complete and incomplete registrations for your information. However, due to time constraints, updates might not always be possible.

Ranking Points:

Taekwondo Canada ranking points will be available at this event; please see the Ranking System posted at www.wtfcanada.com for more information.

Rules for Sparring (Able and Para Division):

1. Use of LaJust Electronic Body Protectors.
2. Two out of three judges will score head shots (no head contact in Para division), turning kick and punch.
3. Gloves are mandatory (WTF approved only, white in colour or matching the contestant's chest protector colour).
4. LaJust socks must be used. **Athletes must purchase their own pair** before the tournament through the LaJust website at <http://www.lajustsports.ca/en/sensorsocksgroup.html>.
Taekwondo Canada will not provide LaJust socks at the tournament.

Equipment:

1. Athletes must wear the **La Just** chest protector provided by Taekwondo Canada. Both athletes in each match will wear the same size chest protector.
2. Athletes must provide their own head gear (red and blue), shin guards, groin protector, arm pads and mouth guard. The mouth guard is mandatory and should be white or clear, no exceptions.
3. Athlete's dobok should represent their Province. Canada, club and extraneous markings are not allowed. Manufacturer's markings are accepted

Rules for Poomse (Able and Para Division):

- This event is used to select the National Team which will represent Canada at the WTF World Poomse Championship for Able Body and World Para Taekwondo Championship for Para Division.
- Division for Individual Poomse Division
 1. Junior Division (14 - 18 years old as of May 1, 2010 - holder of Dan/Poom)
 2. 1st Senior Division (19 - 30 years old as of May 1, 2010)
 3. 2nd Senior Division (31 - 40 years old as of May 1, 2010)
 4. 1st Master Division (41 - 50 years old as of May 1, 2010)
 5. 2nd Master Division (51 years old and higher as of May 1, 2010)
- Pair and Team Poomse Division (Same or Mixed Sexes)
 1. Pair Poomse 1 or Team Poomse 1 (14 - 35 years old as of May 1, 2010)
 2. Pair Poomse 2 or Team Poomse 2 (36 years old or higher as of May 1, 2010)

LIST OF POOMSE

INDIVIDUAL POOMSE		
MALE/FEMALE	1st Compulsory Poomse	2nd Compulsory Poomse
Junior Division	Taegeuk 4, 5, 6, 7 Jang	Taegeuk 8 Jang and Koryo - Taeback Poomse
1st and 2nd Senior Division	Taegeuk 6, 7, 8 Jang, Koryo	Keumgang, Taebeak, Pyoungwon, Shipjin Poomse
1st Master Division	Taegeuk 8, Koryo, Keumgang, Taeback	Pyoungwon, Shipjin, Jitae, Chonkwon Poomse
2nd Master Division	Koryo, Keumgang, Taeback, Pyoungwon Poomse	Shipjin, Jitae, Chonkwon, Hansu Poomse
Pair Poomse 1 14 - 35 years old as of May 1, 2010	Taegeuk 6, 7, 8, Koryo Poomse	Keumgang, Taeback, Pyoungwon, Shipjin Poomse
Pair Poomse 2 36 years old or Higher	Taegeuk 8, Koryo, Keumgang, Taeback Poomse	Pyoungwon, Shipjin, Jitae, Chonkwon Poomse
Team Poomse 1 14 - 35 years old as of May 1, 2010	Taegeuk 6, 7, 8 Koryo Poomse	Keumgang, Taeback, Pyoungwon, Shipjin Poomse
Team Poomse 2 36 years old or Higher	Taegeuk 8, Koryo, Keumgang, Taeback Poomse	Pyoungwon, Shipjin, Jitae, Chonkwon Poomse

Draws for Sparring for Able Body:

The draw will be posted on Taekwondo Canada website on April 26, 2010. All athletes will be seeded according to the ranking system.

Draws for Para Sparring:

The draw will be posted on Taekwondo Canada website on April 26, 2010.

Sparring Competition Format for Able body:

This event is **used to select the National Team** which will represent Canada at an official international event.

Preliminary Round: Single Elimination up to Semi Final

Final: Round robin for 4 semi finalists and 2009 Senior National Champion from the 2009 Sr. Team Trial in Kingston.*

*If a 2009 Senior National Champion from the Senior Team Trial in Kingston changes their weight division for the 2010 Senior National Championship, they must fight in the preliminary round.

Sparring Competition Format Para Division - Single Elimination

Ring Size: 8 m x 8 m

Match Duration for Able and Para Sparring Division.

1. Elimination and Final for Able body - 3 rounds of 2 minutes, 1 minute of rest between rounds.
2. Elimination and Final for Para Division - 3 rounds of 1 minute, 1 minute of rest between rounds.

Weigh In:

Athletes will have one hour to make two attempts to weigh in.

Inspection:

Athletes must pass the inspection desk before each match. Inspection sheets are used to confirm proper inspection. Athletes will be called 3 times to the inspection desk, within a maximum of 10 minutes; if they do not show up, they will be disqualified.

Protest:

A completed protest form must be prepared by the coach and submitted to the Arbitration Board within **15 minutes** of the end of the match, with a protest fee of \$ 300.00 in cash or money order.

Doping Control:

Doping control may be conducted, in accordance with the Canadian Policy on Doping in Sport and Canadian Doping Control Regulations. Please see www.cces.ca.

Kukkiwon Certificate:

To participate at this event as an Athlete or Coach, your Kukkiwon Certificate must have been applied for through Taekwondo Canada. Please check the Kukkiwon database on Taekwondo Canada's website at www.wtfcanda.com/kukkiwon/kukkiwondb.htm to see if you are registered. If your certificate was not applied for through Taekwondo Canada, you must pay the commission fee of \$ 20.00.

If your Kukkiwon Certificate is in progress and applied for through Taekwondo Canada, please type seven zeros (0000000) where the online registration sheet asks for your Kukkiwon number. If your certificate is in progress but was applied for directly through the Kukkiwon, you must pay the commission fee of \$ 20.00.

Itinerary

Thursday - April 29, 2010

TIME	ACTIVITY	LOCATION
9:00 - 12:00	Taegeuk Poomse Seminar	Courtyard® by Marriott
13:00 - 17:00	Koryo - Hansoo & Ilyeo	Courtyard® by Marriott

17:30 - 20:30	Poomse Referee Certification Exam - Practical with scoring machine & written exam.	Courtyard® by Marriott
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Friday - April 30, 2010

8:30 - 17:00	Referee Seminar	Courtyard® by Marriott
14:00 - 16:00	ID card Pick up for athletes and officials	Courtyard® by Marriott
14:00 - 15:00	Test Scales Open for Athletes	Courtyard® by Marriott
16:00 - 17:00	Weigh ins for: 1. Fin 2. Bantam 3. Heavy	Courtyard® by Marriott
17:00 - 18:00	Referee Meeting (Sparring and Poomse Referees)	Courtyard® by Marriott
18:00 - 19:00	Technical Meeting - Coaches and Head of Team	Courtyard® by Marriott
19:00 -	GM and VIP Reception - Invitees Only	TBD

Saturday - May 1, 2010

9:00 - 10:30	All Poomse and Para Sparring	Shaw Conference Centre
10:30 - 11:00	Opening Ceremonies	Shaw Conference Centre
11:00 -	Sparring – Elimination: Fin, Bantam and Heavy Weight - Male and Female	Shaw Conference Centre
12:00 - 13:00	Test Scales Open for Athletes	Courtyard® by Marriott
14:00 - 15:00	Weigh ins for: 1. Fly 2. Feather 3. Light 4. Welter 5. Middle	Courtyard® by Marriott
16:00 -	Finals - Round Robins	Shaw Conference Centre
19:00 -	VIPs and Referees Dinner	TBD

Sunday - May 2, 2010

9:00 -	Sparring – Elimination Fly, Feather, Light, Welter and Middle Weights	Shaw Conference Centre
16:00 -	Finals - Round Robins	Shaw Conference Centre
18:00 -	Award Ceremony and New National Team Meeting	Shaw Conference Centre
19:00 -	VIPs and Referees Dinner	The King and I Restaurant