

# Information Package

March 11, 2023 – Airdrie Alberta

## TAEKWON-DO PROVINCIAL CHAMPIONSHIPS

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### BIG MATCH

APOLLO  
TAEKWON-DO



APOLLO

ALBERTA CTFI



»» 11 MAR 2023 ««

GENESIS PLACE  
8:30 AM  
AIRDRIE, ALBERTA



403.998.8536  
[www.apollotkd.ca](http://www.apollotkd.ca)



**APOLLO  
TAEKWON-DO**



2023 ITF Taekwon-Do Provincial Championships

March 11, 2023

@ Airdrie Genesis Place

Dear Masters and Instructors,

We are very excited to invite you to participate in the 2023 Alberta Provincial Taekwon-Do Championships to be held in Airdrie AB at the Genesis Place on March 11, 2023. All Alberta CTFI coloured belts, ages five and up, and black belts are invited to participate in this memorable event.

It is our goal to provide an amazing and memorable experience for all participants and their supporters. This will be a well-organized event with an excellent level of competition and sportsmanship, demonstrating the true spirit of the original ITF Taekwon-Do.

For the 2023 Alberta Provincial Championships, we are also pleased to provide the following features to the tournament program:

- Pre-Order shirts online!
- All participants will be able to register by themselves!
- Power Breaking for Black Belts only (ages 15+) and Special Technique Breaking for Black belts and Colour Belts (Blue Belt and higher age 12+).

For more information on rules, etc, we invite you to go on the [CTFI website](#), where information will be updated as it is available. All ITF/CTFI rules, as well as the Team Manual, can be found on the CTFI website under the "[Downloads and Resources](#)" page.

All instructors are highly encouraged to become familiar with all the most up to date rules as outlined by the ITF, and we stress the importance of relaying all important information to their club members.

We look forward to seeing you all at this exciting event!

Sincerely,

Apollo Taekwon-Do  
Host of the 2023 Alberta Provincial Championships

Grant Arden, VI Dan  
Chassity Arden, IV Dan

## SCHEDULE OF EVENTS

**\*Please note these are tentative, the schedule is subject to change Once all registrations have been received\***

### Sat., Nov 26th

(Venue)	8:30am	Black Belt/Umpire Meeting
Airdrie Genesis Place	9:00-9:30am	Opening Ceremonies
800 East Lake Blvd NE,	9:30am-2:00pm	Colour Belt patterns/sparring competition
Airdrie, AB T4A 2K9	9:30am-2:00pm	Breaking Black Belts
	2:00-4:00pm	Specialty Breaking begins for all Colour Belts
	4:00-7:00pm	Black Belt Individual Sparring

### Entry Fees:

Coloured Belts (all) Patterns and/or Sparring.....	\$60
Super Sr. Black Belts (age 36+) Patterns and/or Sparring.....	\$60
Pre-Jr., Jr. & Sr. Black Belts (age 12-35) Patterns and/or Sparring.....	\$60
Specialty Breaking (Blue Belt+ age 12+).....	\$20
Power Breaking (Black Belt age 15+).....	\$20
Coaches Pass - Head Coach (for BB & CB, 1 per dojang).....	\$50
Coaches Pass - Black Belts (limit 1 per 4 BB competitors).....	\$50
Coaches Pass - Colour Belts (no Black Belts age 16+).....	\$30
Pre-order Shirts online youth & adult.....	\$30

**Individual Registration Deadline: February 19, 2023, at 12pm Mountain time.**

## VENUE LOCATION

Airdrie Genesis Place : 800 East Lake Blvd NE, Airdrie, AB T4A 2K9

**OFFICIAL TOURNAMENT SHIRT PRE-ORDER! DEADLINE IS FEB. 14, 2023!**  
**This is the week before registration deadline!!**

Pre-order your official 2023 Alberta Provincials t-shirt: [CLICK HERE](#)

Athletic Black t-shirts available in Youth and Adult sizes. Price: \$30



(The green and red lines aren't part of the shirt design)

No sales will be available on-site, so be sure to Pre-Order.

To order shirts please click on the link

[T-SHIRT](#)

## **INSURANCE**

The Organizing Committee and CTFI are not responsible for any injuries. Participants must have full third-party liability insurance cover for any injuries they may cause to others. Instructors must provide proof of insurance to the Alberta ITF by **February 19, 2023**, or their competitors will not be allowed to participate.

## **REGISTRATION**

All competitors must register individually.

The link to register individual competitors is here. [Competitor Tournament Registration Form](#)

Coach registration is here. [Coach Tournament Registration Form](#)

Full time umpire registration is here. [Full Time Umpire Tournament Registration Form](#)

**Registration Deadline for all Competitors, Coaches and Umpires is February 19, 2023 12pm Mountain Time**

## **International ID Number**

Registration will require an "International ID" number for all Black Belt competitors.

*Black Belts:* enter the International ID number found on the Black Belt wallet card (see image below circled in red).



## Notes to Coaches:

1. Degree number (i.e. C-1-1234) is **NOT** acceptable
2. The International ID number does not change as a competitor moves up in rank. If their number is 123456 as a 1<sup>st</sup> Dan Black Belt, it will also be 123456 if they are promoted to 2<sup>nd</sup> Dan. Therefore, if they recently have tested and do not have their new card, they can obtain their number from their old wallet card.
3. For competitors who have recently been promoted to 1<sup>st</sup> Dan Black Belt rank and have not yet received their new wallet card can put "pending" in this section.

## Instructor Check-in

All instructors or coaches must report to the tournament check-in and pick up the dobok stickers for their competitors. Instructors are responsible for making sure competitors have these stickers on their dobok as proof that they are registered competitors.

Instructor/Coach Check-in will be available on Saturday March 11, 2023 at the tournament venue from 8:00 am until 9:00 am.

## Pre-Junior, Junior & Senior Black Belt Sparring Weight Divisions

### **PRE-JUNIOR (AGE 12-14) WEIGHT CATEGORIES**

#### *Male:*

- (a) Up to 40 kg
- (b) 40.1 to 45 kg
- (c) 45.1 to 50 kg
- (d) 50.1 to 55 kg
- (e) 55.1 to 60 kg
- (f) 60.1 to 65 kg
- (g) Over 65 kg

#### *Female:*

- (a) Up to 40 kg
- (b) 40.1 to 44 kg
- (c) 44.1 to 48 kg
- (d) 48.1 to 52 kg
- (e) 52.1 to 56 kg
- (f) 56.1 to 60 kg
- (g) Over 60 kg

## **JUNIOR (AGE 15-17) WEIGHT CATEGORIES**

### Male:

- (a) Up to 50 kg
- (b) 50.1 to 55 kg
- (c) 55.1 to 60 kg
- (d) 60.1 to 65 kg
- (e) 65.1 to 70 kg
- (f) 70.1 to 75 kg
- (g) Over 75 kg

### Female:

- (a) Up to 45 kg
- (b) 45.1 to 49 kg
- (c) 49.1 to 53 kg
- (d) 53.1 to 57 kg
- (e) 57.1 to 61 kg
- (f) 61.1 to 65 kg
- (g) Over 65 kg

## **SENIOR (AGE 18+) WEIGHT CATEGORIES**

### Male:

- (a) Up to 57 kg
- (b) 57.1 to 63 kg
- (c) 63.1 to 69 kg
- (d) 69.1 to 75 kg
- (e) 75.1 to 81 kg
- (f) 81.1 to 87 kg
- (g) Over 87 kg

### Female:

- (a) Up to 50 kg
- (b) 50.1 to 55 kg
- (c) 55.1 to 60 kg
- (d) 60.1 to 65 kg
- (e) 65.1 to 70 kg
- (f) 70.1 to 75 kg
- (g) Over 75 kg

## **Category Merging for Black Belts**

Any Black Belt sparring category, including the Pre-Jr., Junior and Senior categories, may be merged if there are 2 or less competitors, they will always be merged within the same age group. This is to ensure there are no competitors alone in their category and improve competition for the athletes. Seeding points will be awarded regardless of which category the athletes compete in. For this event Instructors must submit a form to the CTFI Tournament Director to keep track of the Seeding points. Refer to CTFI Team Manual for full details of the Seeding point system.

## **Black Belt Age Categories:**

NOTE: ITF has implemented new age categories and a new age qualification requirement.

### **Valid Age for Category**

The valid age for all competitors during the competition is the age at which they enter the year. To calculate this age, use the following formula:

$$\text{Year of competition} - \text{Year of birth} - 1 = \text{Competitors valid age during the competition}$$

Examples:

1. Year of event 2023 - Year of birth 2005 - 1 = 17  
This Competitor is only allowed to compete as a Junior
2. Year of event 2023 - Year of birth 2004 - 1 = 18  
This Competitor is only allowed to compete as a Senior

3. Year of event 2023 - Year of birth 2008 - 1 = 14  
This Competitor is only allowed to compete as a Pre-Junior

### **New Black Belt Age Categories**

Black Belt Age Categories are also changing slightly to allow a Pre-Junior category for ITF International competition. The 2022 Nationals will have the following Black Belt age categories for both patterns and sparring:

Cadet	age 10-11
Pre-Junior	age 12-14
Junior	age 15-17
Senior	Age 18+
Super Senior	Age 36+
Veteran	Age 46+

NOTE: Black Belts age 36+ may choose to enter the Senior Age 18+ category. Categories for Black Belts age 36+ may be merged if there are less than 3 competitors.

### **Colour Belt Age Categories**

Minimum age is 5 years old. As per CTFI competition rules, the appropriate age division for all competitors will be determined based on the age of the person on the first day of the Tournament – March 11, 2023. Please note that Colour Belt age divisions with less than 3 people may be merged with other groups. Best effort will be made to create categories that are close in rank and age.

### **TOURNAMENT RULES**

All events at this tournament will follow the Canadian Taekwon-Do Federation International (CTFI) Rules for Coloured Belt Competition and the International Taekwon-Do Federation (ITF) Combined Competition Rules and Regulations. Copies of these rules are available on the CTFI website under the "[Downloads and Resources](#)" section.

**Special additions to the rules are as listed below.**

#### **Patterns:**

##### ***Coloured Belt Patterns***

Competitors may perform the pattern of their rank or the pattern immediately below their current rank to accommodate recently promoted students. Coloured Belts may not perform any pattern above that of their current rank.

##### ***Individual Black Belt Patterns World Cup Rules***

Black Belts Pre-Junior, Junior, Senior and Super Senior will compete 1 to 1 and will perform simultaneously one (1) Designated Pattern appropriate to their degree. The designated pattern is chosen randomly from Chon-Ji to the level of degree.

Black Belts Cadet and Veteran will compete 1 to 1 and will perform simultaneously one (1) Designated Pattern appropriate to their degree. The designated pattern is chosen randomly from Chon-Ji to the level of degree.

Black Belts Super Senior and Veteran may have categories merged with a different rank. Patterns performed will be for the lower rank of the 2 competitors in the ring when their competition begins. (e.g. if a 3<sup>rd</sup> dan is matched with a 4<sup>th</sup> dan, only 3<sup>rd</sup> dan patterns will be used, but if a different match in the same category sees 2 4<sup>th</sup> dan competitors, 4<sup>th</sup> dan patterns will be used).

## **Free Sparring World Cup Rules**

### **DURATION OF MATCHES**

Coloured Belts	1 round of 2 minutes.
Black Belts Cadet	1 round of 3 minutes
Black Belts Pre-Junior, Junior, Senior	1 round of 3 minutes. Finals 2 rounds of 2 minutes with 1 minute break
Black Belts Super Senior, Veteran	1 round of 3 minutes

### **SAFETY EQUIPMENT**

Mandatory Safety equipment:

- Hand, Foot and Head guards of an approved type (see below);
- Mouth guard – must be transparent with no colours;
- Groin protection for all males (must be worn inside the trousers);

Optional Safety equipment:

- Shin protectors of an approved type (no hard materials);
- Groin protection or chest protection for females (must be worn inside the dobok)
- Approved soft frame, prescription sport glasses. Written approval must have been requested and granted from the CTFI Tournament and Umpire Committee prior to the event.

### **Approved types of sparring safety equipment:**

Black Belts competing in the Junior and Senior divisions must have hand, foot and head protectors approved by ITF for international competition. Full details of approved equipment are found in the ITF Combined Competition Rules and Regulations.

Pre-Junior, Junior and Senior Black Belts will be required to wear either red or blue hand/foot/head protectors depending on their position in the draws. Senior and Junior Black Belts must have sets of both colours available.

Coloured Belts, and Super Senior Black Belts (age 36+) may wear ITF approved gear or the standard foam safety gear such as Macho or Century. Any colour is allowed for this group, but we recommend red or blue (if you have it) to help the umpires.



No jewellery, piercings, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only. Hard materials (e.g. plastic, wood or metal) are not allowed.

**Students must compete with required safety equipment that is in good condition and covers the toes, fingers and heels properly. Students without required equipment may be disqualified. Competitors sharing properly sanitized equipment is acceptable.**

**POWER BREAKING AND SPECIAL TECHNIQUE WORLD CUP RULES:**

All breaking competition will follow the ITF rules for World Cup competition:  
<https://itftkd.sport/wp-content/uploads/2022/12/Official-ITF-Rules-of-Competition-Version-2022v2.pdf> Section IV and Section V

**NOTE In all categories, competitors must successfully make at least 1 break to qualify for a medal.**

**Power Breaking**

Power Breaking will be open only to Black Belts age 15+. Competitors will attempt 2 breaks – one hand technique of choice and one foot technique of choice from the allowed list below.

HAND TECHNIQUES	FOOT TECHNIQUES
Fore fist Front Punch (Ap Joomuk Jirugi)	Side kick (Yop Chagi) )
Knife hand strike (Sonkal Taerigi)	Back kick (Dwit Chagi)
Back fist strike (Dung Joomuk)	Turning kick (Dollyo Chagi)
Reverse knife hand strike (Sonkal Dung Taerigi)	Reverse turning kick (Bandae Dollyo Chagi)

**Board counts**

Age Category	MALE		FEMALE	
	BOARDS (hand)	BOARDS (foot)	BOARDS (hand)	BOARDS (foot)
15 - 17 years	2	3	1	2
18 - 35 years	3	4	2	3
36 years +	2	3	2	2

All board counts will follow the ITF World Cup standard.

**Special Technique Breaking**

Special Technique Breaking will be open to Blue Belts and above, age 12 and above. Competitors will attempt 2 techniques – Flying High Front Kick, Flying High Side Kick.

All board heights will follow the ITF World Cup standard.

<b>Board Heights</b>			
<b>Korean</b>	<b>English</b>	<b>Male</b>	<b>Female</b>
<b>Age 12 – 14</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	230 cm	200 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	120 cm	100 cm
<b>Age 15 – 17</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	250 cm	220 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	130 cm	110 cm
<b>Age 18 - 35 years</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	260 cm	230 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	140 cm	120 cm
<b>Age 36 years +</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	250 cm	210 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	120 cm	90 cm
<b>Age 46 years +</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	240 cm	200 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	110 cm	80 cm

## Competitor Dress Code

Competitors must wear the internationally approved ITF dobok from a recognized manufacturer. Old style doboks without the ITF Coloured Fist may not be worn.

Head / neck coverings may be worn by all competitors. Head / neck coverings MUST:

- Be constructed of a solid white colour,
- Be made of a soft and/or elastic material,
- NOT contain any hard materials, metal, grips or slides,
- Fit, and remain, fully within the confines of the safety headguard and the dobok jacket while the competitor is sparring.

Undergarments, of a soft or elastic nature ONLY, may be worn beneath the competitor's dobok (beneath the top and/or trousers). Undergarments (only those garments that are visible while competitor is competing) MUST:

- Be of a solid white colour,
- Be made of a single layer of soft and/or elastic material,

Undergarments MUST NOT:

- Provide additional protection from impact,
- Contain any hard materials, metal, grips or slides.
- Extend past the distal portion of either the wrist or the ankle.

Tape/soft bandaging/soft strapping may be used for medical or first aid reasons, provided:

- That it is not used in an excessive manner,
- No hard plastic/metal fasteners, laces, studs or mechanical fasteners are to be used,

- c. No mechanical means of support are included in the bandaging/taping/strapping. (Including though not limited to: bracing/stays/splints, mechanical joints/articulations/hinges...)
- d. The Umpire Committee is satisfied that it's use does not give the competitor any undue advantage,
- e. All Tape/soft bandaging/soft strapping MUST be either white or skin-coloured if it is visible while competitor is competing. Any Tape/soft bandaging/soft used on areas not visible (i.e. knee) may be of any colour so long as the colour is not plainly visible through the material of the dobok

Tape/soft banding/soft strapping may NOT be used in the following circumstances:

- i. Special Technique: NO tape/soft bandaging/soft strapping may be used on any joint of the competitor's lower extremities. (Knees, ankles, toes)
- ii. Power Test: NO tape/soft bandaging/soft strapping may be used on any part of the competitor's attacking tool or the joints associated with the break being performed. (Fingers, wrist, elbow, toes, ankle, knee).

Tape/soft bandaging/soft strapping may be used on parts of the body not directly involved in the breaking process

- a. Example 1: Breaking with right fore-fist and competitor has banding on left elbow due to injury in sparring
- b. Example 2: Breaking with left side piercing kick and competitor has a bandaid/plaster on left hand due to a laceration

Any and all competitor safety equipment, protective wear, taping/bandaging/strapping, clothing and/or accessories/adornments may be subject to inspection and approval or rejection by either the CTFI Tournament/Umpire Committees. Determination of the committee involved is final and binding.

### **Awards:**

For all patterns categories, four medals will be awarded for each competition category: gold, silver and two bronzes.

For all sparring categories for Colour Belt and Black Belt Cadet, Super Senior and Veteran: four medals will be awarded for each competition category: gold, silver and two bronzes.

For all sparring categories for Black Belt Pre-Junior, Junior and Senior, four medals will be awarded for each competition category: gold, silver and two bronze.

Medals for all competitors and events will be presented immediately after completion of their events at an award podium set up at the competition venue. It will be arranged so that supporters can get close to take good photographs.

### **Protests:**

Only the Coach for a competitor in a Junior or Senior Black Belt match can present a protest when a decision or procedure seems to violate the rules. All protests must be written on the official Protest Form (provided at each ring) and must be presented to the Jury President of the ring within 5 minutes of the end of the match in question. The Umpire Committee will rule on all protests. The protest tax for this event is fixed at CN\$100.

## UMPIRES

**"It is our mission to provide a safe, fair, exciting and efficient competition for all students."**

### Full Time Umpires

Apollo Taekwon-Do is working very hard to produce a great event with a high calibre of competition that will be safe, fair and enjoyable for all participants. To have a successful event, it is critical that we have a strong team of full-time umpires and officials.

All Full-time umpires (not competing in any events) must be registered by their Instructor

**Full Time Umpire registration Deadline: February 19, 2023, at 12pm Mountain time.**

### Competitor/Coach Umpires

All Black Belts (age 16 +) are required to assist with the umpire duties at this tournament. In the event of an umpire shortage, Black Stripes age 16+ and Black Belts age 14+ may also be asked to assist with umpire duties for coloured belts.

All Umpires will receive a complimentary lunch on the day of competition.

All Umpires must attend the Black Belt meetings to be held at the beginning of the tournament at the time noted in the schedule above.

All Umpires must wear official ITF dress:

- White Shirt
- Blue Tie
- Blue Pants (no jeans)
- White athletic shoes

OR

- Full ITF Dobok (no track jackets)
- White athletic shoes

Casual or club clothing will not be permitted.

Black Belts who do not participate in umpiring as assigned will not be allowed to compete. Registration of Black Belts will be used to create the Umpires list.

## COACHES

At this event, coaches will be allowed for both Coloured Belts and Black Belt competition.

### Head Coach

Each School will be allowed one senior Black Belt eligible to coach Colour Belts and/or Black Belts. This person is the designated "Head Coach" for each school. Please note that Head Coaches with rank of 4<sup>th</sup> degree or higher will likely be asked to judge for the Black Belt patterns competition. Head Coaches will not be asked to officiate for Coloured Belt competition nor for Black Belt sparring competition. The fee for the "Head Coach" is \$50. Each Club/Dojang may have 1 Black Belt Coach (including head coach) and for each 4 Black Belts registered for competition.

### Coloured Belt Coaches

Coaches for Coloured Belts will help them have a more positive experience and ensure they get to the proper location on time. Coaches for Coloured Belts also offer a safety factor during a sparring match.

Because all Black Belts age 16 and older may be required to officiate during the Coloured Belt competition, only other coloured belts or Black Belts aged 15 and under will be allowed to coach Coloured Belts. There is no limit to the number of this type of coaches. The fee for a Colour Belt coach is \$30.

**Instructors**, it is very important that any of your students acting as coaches must be aware of and follow the correct protocol for interaction with officials. Before the Championships, please instruct any of your members who will be coaching.

### Black Belt Coach

Black Belt Coaches may be any person regardless of rank. Please note that Black Belt Coaches may be asked to judge for Colour Belt competition or for Black Belt patterns, especially. Black Belt Coaches with rank of 4<sup>th</sup> degree or higher. Black Belt Coaches will not be asked to judge for Black Belt Sparring. The fee for Black Belt coaches is \$50.

*Black Belt Coach limit:*

Each Club/Dojang may have 1 Black Belt Coach (including Head Coach) for each 4 Black Belts registered for competition.

### Coaching Rules

For individual or team competition there will be only one (1) Head Coach or Colour Belt Coach or Black Belt coach close to the square. During the tournament, coaches must wear an athletic training suit, gymnastic shoes, carry a towel and have medical exam gloves on their person.

Coaches will be seated at least one (1) meter away from the square. They must not interfere in the competition by action or words. They are the only ones allowed to present an official protest.

Failure to abide by the above mentioned rules may render the coach liable to be disqualified from his/her advisory position.

For safety and efficiency, only competitors, officials, volunteers, accredited coaches and will be allowed to enter the competition floor. Accreditation passes will be required by all.

All Coaches and must register on-line using the links above

**Coach Registration Deadline: February 19, 2023, at 12pm Mountain time.**