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## OFFICIAL INVITATION

**May 6<sup>th</sup> and 7<sup>th</sup>, 2023 – Vernon, British Columbia**

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2023 ITF Taekwon-Do Canadian  
National Championships  
May 6<sup>th</sup> and 7<sup>th</sup>, 2023  
Kal Tire Place  
Vernon, British Columbia  
[www.CTFI-Nationals.com](http://www.CTFI-Nationals.com)

Dear Masters and Instructors,

We are very excited to invite you to participate in the **2023 CTFI Canadian National Taekwon-Do Championships and Selections** in Vernon, B.C. on May 6<sup>th</sup> and 7<sup>th</sup>, 2023. All CTFI black belts and coloured belts, ages four and over, 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 excellent level of competition and sportsmanship, demonstrating the true spirit of the original ITF Taekwon-Do.

This National Championships will be the key qualifier for athletes vying for a spot on the Canadian National Team going to the ITF World Championships in Tampere Finland, September 2023.

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

- Pre-Order shirts online! [www.CTFI-Nationals.com](http://www.CTFI-Nationals.com)
- All competitors will receive their ring locations and estimated time schedule for their events.
- Coaches/Instructors will register participants on-line via Sportdata.
- Seating for up to 3000 spectators!
- ITF Electronic Scoring System (ESS) will be used in competition rings.

For more information on registration, rules, etc., we invite you to check for updates on the [CTFI website](http://www.CTFI-Nationals.com). All ITF/CTFI rules and the Team Manual are available through the “[Downloads and Resources](#)” page on the CTFI website as well.

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

Sincerely,

David White, VI Crystal White, III

Hosts of the 2023 CTFI Canadian National Championships

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## Event Information

**Who:** All official CTFI affiliated schools and practitioners from Canada.

**When:** Saturday, May 6<sup>th</sup> and Sunday, May 7<sup>th</sup>, 2023

**Where:** Kal Tire Place – 3445 43rd Avenue, Vernon, B.C.

<https://goo.gl/maps/i9AYjy4ZB5N869HB7>

**Contact :** Mr. David White (VI)

phone : (250) 306-2285

email: [instructor@sundancemartialarts.com](mailto:instructor@sundancemartialarts.com)

**Tournament Director:** Master Kevin Reinelt (VII)

email: [tournamentdirector@ctfi.org](mailto:tournamentdirector@ctfi.org)

**Umpire Director:** Mr. Grant Arden (VI)

Email: [grant@apollotkd.com](mailto:grant@apollotkd.com)

**Registration:** All registrations are Online using SportData.

**NOTE:** Only Instructors/Coaches can register competitors using their SportData club account.

**DEADLINE: All registration for Competitors, Coaches and Referees closes April 19, 2023 at 11pm**

**Pacific time.**

**SportData Online Registration:** [https://www.sportdata.org/taekwondo\\_itf/setonline/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vernr=372#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/setonline/veranstaltung_info_main.php?active_menu=calendar&vernr=372#a_eventhead)

**Events:** These championships will feature the following events:

- TKD Kids / Tigers - special category (age 4-7 years)
- Adapted Taekwon-Do - special categories
- Individual Patterns - Coloured Belt & Black Belt
- Individual Free Sparring - Coloured Belt & Black Belt
- Prearranged Sparring - Black Belt & Blue Belt +
- Team Patterns – Black Belt
- Power Breaking Black Belt
- Special Technique Breaking Black Belt & Blue Belt +
- Team Sparring – Black Belt (if time allows)

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## Entry Fees:

TKD Kids/Tigers (age 4-7) -----	\$60
Adapted TKD/Special Needs (Black Belt & Colour Belt)	
- Solo Patterns and/or Mixed Abilities (1 for \$40, both for \$75) -----	\$40 - \$75
Coloured Belts (Ages 6+) Patterns and/or Sparring -----	\$75
Senior & Veteran Black Belts (Age 36+) Patterns and/or Sparring-----	\$75
Pre-Jr, Jr & Adult Black Belts (Age 12-35) Patterns and/or Sparring -----	\$115
Prearranged Sparring (Black Belts and Blue/Red Belts age 12+) -----	\$30/team
Team Patterns (Black Belt, Blue/Red Belt, age 12+) -----	\$50/team
Power Breaking (only Black Belt age 15+)-----	\$20
Special Technique (Black Belt & Blue Belt+, age 12+) -----	\$20
Coach Pass - Head Coach (BB & CB, 1 per Dojang) -----	\$50
Coach Pass - Black Belt Sparring (see limits in Coach section below) -----	\$50
Coach Pass - Colour Belts (No Black Belts age 16+) -----	\$30

Photographer Pass (No Black Belts age 16+) -----\$50

## **SCHEDULE OF EVENTS**

*Note: This schedule is tentative and is subject to change once all registrations have been received.*

Fri., May 5<sup>th</sup> 2pm-4pm CTFI Annual General Meeting at the Host Hotel  
(Host Hotel) 4pm-6pm Black Belt weigh-ins, black belt card check and Coach Check-In at the Host Hotel

Sat., May 6<sup>th</sup> 7:30 - 8:00am Last chance for Black Belt weigh-in/check-in/  
(Venue) coach registration at the venue

8:00 – 8:30am All Competitors arrive

8:00 – 8:30am Black Belt/Umpire Meeting

8:30 - 9:00am Opening Ceremonies

9:00 - 3:00pm TKD Kids/Tigers, Adapted categories, Colour Belt patterns/sparring

9:30am - 3:00pm Special Technique and Power Breaking Black Belts

3:00 – 5:00pm Special Technique Breaking Colour Belts

3:00 - 5:00pm Black Belt Patterns

5:00 Competition ends for the day

Sun., May 7<sup>th</sup> 8:30 – 9:00am Black Belt/Umpire Meeting

9:00 - 11:00am Black Belt Patterns, including Team and Pre-Arranged

11:00am – 4:00pm Black Belt Individual Sparring

4:00pm – 5:00pm Black Belt Team Sparring (time allowing)

5:00 Competition ends

Evening Official After Party

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## **OFFICIAL TOURNAMENT APPAREL PRE-ORDER**

Pre-order your official 2022 Canadian National  
Championship Apparel.

Check out our awesome selection of hoodies, tshirts  
and other items **HERE**:

[www.CTFI-Nationals.com](http://www.CTFI-Nationals.com)

***\*\*\*Sales at the competition venue will be  
restricted to t-shirts only, in limited sizes and  
are sure to sell out, so order now and guarantee  
your styles, sizes and colours!***

*Designs subject to change. Visit [www.CTFI-Nationals.com](http://www.CTFI-Nationals.com)  
for up to date offerings.*

## **OFFICIAL AFTER PARTY: (MUST BE 19+)**

***Our Official After Party will be held on Sunday, May 7<sup>th</sup> at  
Status Night Club!***

***We have the entire club booked for this event. Tickets will be  
required and will be available at [www.CTFI-Nationals.com](http://www.CTFI-Nationals.com)  
starting in April.***

***Get ready to have a great time with tons of music, dancing,***

*games and prizes!*

*Athletes, officials and supporters welcome.*

**MUST BE 19+ TO ATTEND.**

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## **ACCOMMODATIONS**

### **Official Host Hotel**

The official event host hotel is the Prestige Vernon Lodge and Conference Centre.

Weigh-ins/Black Belt Check-in and coach's registration will all take place at this hotel Friday night 4-6pm.

Any Black Belts who have not checked in to show their ID card and weigh-in, and coaches who have not picked

up their tournament packages by this time must do so at the tournament venue Saturday morning from 7:30-

8:00 am.

### **Prestige Vernon Lodge and Conference Centre**

3914 32 Street

Vernon, BC V1T 5P1

(250) 545-3385

**Standard room rates are between \$135.00/night and \$155/night plus applicable taxes.**

**Suites are available**

**starting at \$175 per night plus applicable taxes.**

**To book reservations call local phone number (250) 545-3385**

Check-in time is guaranteed at 3:00 pm, however early check-in needs to be arranged, if possible. Check out

time is 12:00 pm.

*Note: When booking a room, please use Group Name: Taekwon-Do Nationals*

**DEADLINE: Rooms must be booked before Sunday, April 09<sup>h</sup> at 11 pm Pacific time.**

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### **Secondary Hotel**

The secondary event hotel is the Prestige Vernon Hotel.

### **Prestige Vernon Hotel**

4411 32 Street

Vernon, BC V1T 9G8

(250) 558-5991

**Standard room rates are between \$135.00/night and \$155/night plus applicable taxes.**

**Suites are available**

**starting at \$175 per night plus applicable taxes.**

**To book reservations call local phone number (250) 558-5991**

Check-in time is guaranteed at 3:00 pm, however early check-in needs to be arranged, if possible. Check out

time is 12:00 pm.

*Note: When booking a room, please use Group Name: Taekwon-Do Nationals*

**DEADLINE: Rooms must be booked before Sunday, April 09<sup>h</sup> at 11 pm Pacific time.**

Find more information about accommodation at [www.CTFI-Nationals.com](http://www.CTFI-Nationals.com)

## **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 Tournament Director (email: tournamentdirector@ctfi.org) by April 19, 2023, or their competitors will not be allowed to participate.***

## **REGISTRATION**

Coaches must register all competitors directly through the SportData system found here:

[https://www.sportdata.org/taekwondo\\_itf/setonline/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vernr=372#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/setonline/veranstaltung_info_main.php?active_menu=calendar&vernr=372#a_eventhead)

***Note: Coaches, please make it clear to your participants that they must not try to make their own registration***

***– if they do try, it will be rejected.***

If a coach already has a Club account in SportData, they can re-use that account.

For complete instructions showing how to create an account and register competitors, umpires, coaches and

photographers, see the additional document “Instructions for using Club Account to register competitors,

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umpires and coaches” This document is found under the “Downloads” button on the SportData web page for the

event or go to this link: [https://www.sportdata.org/taekwondo\\_itf/setonline/popup\\_main.php?popup\\_action=uploads&vernr=372&ver\\_info\\_action=info#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/setonline/popup_main.php?popup_action=uploads&vernr=372&ver_info_action=info#a_eventhead)

***Note: Registration Deadline for all Competitors, Umpires, Coaches and Photographers is April 19, 2023, at 11pm Pacific Time.***

**International ID Number:** Registration will require an “International ID” number for all competitors.

- **Colour Belts:** enter “N/A” as the International ID number.
- **Black Belts:** enter the International ID number found on the Black Belt wallet card (see image below circled in red).

### **Coaches note:**

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 examined for 1<sup>st</sup> Dan Black Belt rank and have not yet received

their new wallet card, please request the ID number from Ms. Stone at [ctfihq@gmail.com](mailto:ctfihq@gmail.com).

### **Instructor Check-in:**

All instructors or coaches must report to the tournament check-in and pick up the dobok stickers for their

competitors and coach passes. 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 Friday May 5, 2023 at the host hotel from 4-6 pm and at the

tournament venue on Saturday May 6, 2023 from 7:30 – 8:00 am.

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### **Black Belt Card:**

All Black Belts, all ages, must be certified with ITF headquarters. When using the on-line registration process,

there will be a space for providing the Black Belt ITF International ID number (see above).

Recently promoted 1<sup>st</sup> Degree Black Belts may not have received their certification cards yet, so Instructors

must check with CTFI HQ (Ms. Stone) to request that number.

**All Black Belts must show their ITF Black Belt registration card at the Weight Check/Check-in (see**

**below).** A photocopy of the Black Belt certificate showing name, rank and date information as well as the

name of the ITF President is acceptable. Any Black Belt without appropriate proof of certification in the ITF

will be disqualified with no refund of event fees.

Black Belts not competing in sparring **MUST** check-in and show ID to confirm Black Belt status. Failure to do

so will result in disqualification.

### **Declaration of Consent and Data Protection forms:**

NOTE: Declaration of Consent and Data Protection forms are required for all participants in the event

including:

- Competitors
- Coaches
- Photographers
- Referees

Instructors are responsible for downloading *Declaration of Consent and Data Protection* forms and having all

competitors/coaches/photographers/referees or their legal guardians sign them. Instructors are responsible for

sending scanned or photographed images of these files to the Tournament Director.

If you are sending 1 file for each document, please include the participant name in the file name.

If you are

sending a single document with many scanned pages, please put the pages in alphabetical order.

The forms in English and French are downloadable from here:

[https://www.sportdata.org/taekwondo\\_itf/setonline/](https://www.sportdata.org/taekwondo_itf/setonline/)

[popup\\_main.php?popup\\_action=uploads&vern=372&ver\\_info\\_action=info#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/setonline/popup_main.php?popup_action=uploads&vern=372&ver_info_action=info#a_eventhead)

Competitors/coaches/referees who do not have valid forms submitted to the Tournament Director by the

deadline will not be allowed to compete.

*Note: Deadline for Declaration of Consent and Data Protection forms submitted to  
Tournament Director:*

*April 19, 2023, at 11pm Pacific Time.*

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**BLACK BELT WEIGHT CATEGORIES:**

Standard ITF Black Belt Weight categories will apply.

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

Male: Female:

- (a) Up to 40 kg (a) Up to 40 kg
- (b) 40.1 to 45 kg (b) 40.1 to 44 kg
- (c) 45.1 to 50 kg (c) 44.1 to 48 kg
- (d) 50.1 to 55 kg (d) 48.1 to 52 kg
- (e) 55.1 to 60 kg (e) 52.1 to 56 kg
- (f) 60.1 to 65 kg (f) 56.1 to 60 kg
- (g) Over 65 kg (g) Over 60 kg

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

Male: Female:

- (a) Up to 50 kg (a) Up to 45 kg
- (b) 50.1 to 55 kg (b) 45.1 to 49 kg
- (c) 55.1 to 60 kg (c) 49.1 to 53 kg
- (d) 60.1 to 65 kg (d) 53.1 to 57 kg
- (e) 65.1 to 70 kg (e) 57.1 to 61 kg
- (f) 70.1 to 75 kg (f) 61.1 to 65 kg
- (g) Over 75 kg (g) Over 65 kg

**ADULT (AGE 18+) WEIGHT CATEGORIES:**

Male: Female:

- (a) Up to 57 kg (a) Up to 50 kg
- (b) 57.1 to 63 kg (b) 50.1 to 55 kg
- (c) 63.1 to 69 kg (c) 55.1 to 60 kg
- (d) 69.1 to 75 kg (d) 60.1 to 65 kg
- (e) 75.1 to 81 kg (e) 65.1 to 70 kg
- (f) 81.1 to 87 kg (f) 70.1 to 75 kg
- (g) Over 87 kg (g) Over 75 kg

*Note: Coaches please be careful to enter your Black Belt competitors' weight correctly in your  
SportData*

*club account so the correct category can be assigned if there is merging.*

**\*\*IMPORTANT NOTE for this Nationals\*\*:** Because this is  
a Selection

Nationals used to select the members of the Canadian National Team going to the  
ITF World

Championships in Finland (September 2023), ALL PRE-JUNIOR, JUNIOR AND ADULT  
BLACK

BELTS must register for the weight class they intend to enter for individual free  
sparring at the

2023 World Championships. At the weight check they must qualify for this weight  
class and no

other.

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### **Category Merging for Black Belts:**

#### **Free Sparring**

Any Black Belt sparring category, including Pre-Junior, Junior and Adult, may be merged if there are two 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. Refer to CTFI Team Manual for full details of Seeding point system.

#### **Patterns**

Black Belts in Pre-Junior, Junior and Adult Patterns categories will not have any merging so they can collect seeding points for their patterns category. NOTE: Competitors who are alone in their category do not automatically win a gold medal. They must perform their pattern in front of the judges as if in competition.

Competitors who score a Zero for both their pattern performances will not receive a medal. Black Belts Senior and Veteran may have categories merged with a different rank. Patterns performed will be for the lower rank of the two 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> dans competitors, 4<sup>th</sup> dan patterns will be used).

#### **Weight Verification:**

All Black Belts (all ages) must have their weight category verified at the weigh-ins. Weigh-in procedure will follow ITF World Championships rules. Black Belts must present their Black Belt certification card at the weight check.

Black Belts in Senior (age 36-45) and Veteran (age 46+) categories must be within +/- 3kg of their stated weight or they will be disqualified.

Pre-Junior, Junior and Adult Black Belts (age 12-35) must fall within their registered weight categories or they will be disqualified.

**\*\*IMPORTANT NOTE for this Nationals\*\*:** Because this is a Selection Nationals used to qualify the members of the Canadian National Team going to the ITF World Championships in Finland (September 2023), ALL PRE-JUNIOR, JUNIOR AND ADULT BLACK BELTS must register for the weight class they



intend to enter for individual free sparring at the 2023 World Championships. At the weight check they must qualify for this weight class and no other. Weight checks will be available on Friday May 5, 2023 at the host hotel from 4-6 pm and at the tournament venue on Saturday May 6, 2023 from 7:30-8:00 am.

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### **Black Belt Age Categories:**

**\*NOTE:** Category name changes are being implemented to align with new ITF rules. Category previously

known as Senior (age 18+) had been changed to Adult. Category previously known as Super Senior (age 36+) has been changed to Senior.

### **Black Belt Age Categories of this event:**

Pre-Junior age 12-14

Junior age 15-17

Adult\* Age 18+

Senior\* Age 36+

Veteran Age 46+

***Note: Black Belts age 36+ may choose to enter the Senior Age 18+ category. This will result in a higher***

***entry fee. Categories for Black Belts age 36+ may be merged if there are less than three competitors.***

### **Valid Age for Category:**

ITF standard age categories will apply to all Black Belt competitors in Pre-Junior, Junior and Adult age groups.

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:

***Year of competition - Year of birth - 1 = Competitors valid age during the competition***

### **Examples:**

1. Year of competition 2023 - Year of birth 2005 - 1 = 17

This Competitor is only allowed to compete as a Junior

2. Year of competition 2023 - Year of birth 2004 - 1 = 18

This Competitor is only allowed to compete as a Adult

3. Year of competition 2023 - Year of birth 2010 - 1 = 12

This Competitor is only allowed to compete as a Pre-Junior

### **Black Belts Competing Up:**

Exact circumstances under which “Competing Up” is allowed are detailed in the current CTFI Team Manual,

which is available on the “Resources and Downloads” page of the CTFI web site (refer to Appendix A).

Coaches must register competitors for their normal category then make an email request to the Tournament

Director to compete up. Please note the new Age Qualification rules and categories listed above.

### **Colour Belt Age Categories:**

Minimum age is 6 years old for standard TKD, age 4 for Kids TKD. 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 –May 6, 2023. Please note that Colour Belt age divisions with less than three people may be merged with other groups. Best effort will be made to create categories that are close in rank and age.

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## **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**

#### **Individual Colour 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:**

Black Belts Pre-Junior, Junior, Adult and Senior will compete 1 to 1 and will perform simultaneously two (2) Designated Patterns appropriate to their degree. The first designated pattern will be one of the last three patterns regarding the level of degree. The second designated pattern is from pattern Chon-Ji to the level of degree.

Black Belts Veteran will compete 1 to 1 and will perform simultaneously one (1) Designated Pattern chosen randomly from one of the last three patterns regarding the level of degree.

Black Belts Senior and Veteran may have categories merged with a different rank. Patterns performed will be for the lower rank of the two 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> dans competitors, 4<sup>th</sup> dan patterns will be used).

#### **Team Patterns Black Belts**

Both teams shall perform one (1) optional and one (1) designated Pattern in the following order:

Team 1 – optional pattern

Team 2 – optional pattern

Team 1 – designated pattern

Team 2 – designated pattern

Optional pattern is the team's choice from Chon-Ji to Choong-Moo.

Designated patterns is drawn randomly from Kwang-Gae, Po-Eun or Choong-Moo.

NOTE: Teams who are alone in their category do not automatically win a gold medal. They must perform their

**pattern in front of the judges as if in competition. Teams who score a Zero for both their pattern**

**performances** will not receive a medal.

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### **Pre-Arranged Sparring**

Categories offered for both Black Belt and Blue/Red Belt are Pre-Junior, Junior, and Adult+. Standard ITF

competition rules will apply to all categories.

Teams may be Female-Female, Male-Male or mixed Female-Male.

NOTE: Teams who are alone in their category do not automatically win a gold medal. They must perform their

**pattern in front of the judges as if in competition. Teams who score a Zero for performance**

will not receive a medal.

### **Free Sparring**

#### **Duration of matches:**

Coloured Belts 1 round of 2 minutes.

Black Belts Pre-Junior, Junior, adult 2 rounds of 2 minutes.

Black Belts Senior, Veteran 2 rounds of 1.5 minutes

*Note: Breaks between rounds will be 1 minute in all cases.*

#### **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 Pre-Junior, Junior and Adult 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 Adult Black Belts will be required to wear either red or blue hand/foot/head protectors

depending on their position in the draw. Pre-Junior, Junior and Senior Black Belts must have sets of both colours available.

Coloured Belts (all ages) and Senior/Veteran 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.

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***Note: 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**

Power Breaking will be open only to Black Belts age 15+.

*Junior and Adult Black Belts (age 15-35)*

Power breaking competition for Junior and Senior Black Belts will follow the ITF rules for World Championships competition - Section IV.

Competitors will attempt 5 breaks specified by the rules.

Board counts will follow ITF World Championship standards.

*Senior and Veteran Black Belts (age 36+)*

Power breaking competition for Senior and Veteran Black Belts will follow the ITF rules for World Cup competition - Section IV.

Competitors will attempt 2 breaks specified by the rules.

Board counts will follow ITF World Cup standards.

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

### **Special Technique Breaking**

Special Technique Breaking will be open to Blue Belts and above, age 12 and above.

*Pre-Junior, Junior and Adult Black Belts (age 12-35)*

Special Technique breaking competition for Pre-Junior, Junior and Adult Black Belts will follow the ITF rules for World Championships competition - Section V.

Competitors will attempt 5 breaks specified by the rules.

Board heights will follow ITF World Championship standards.

*Blue/Red Belts age 12+, Black Belts Senior and Veteran (age 36+)*

Special Technique breaking competition for Blue/Red Belts, Senior/Veteran Black Belts will follow the ITF rules for World Cup competition - Section V.

Competitors will attempt 2 breaks specified by the rules.

Board counts will follow ITF World Cup standards.

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

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### **Team Sparring**

If time allows, there will be Team Sparring events. Teams will be organized by Coaches/Instructors on Sunday

afternoon. There are no entry fees for this event.

There will be no medals, only bragging rights for your Club, Province or Region.

This will also be an excellent opportunity to be seen by the CTFI Selection Committee for athletes hoping to qualify for

Team Canada going to the World Championships in Finland September 2023.

### **TKD Kids (Tigers, Cubs, Champs etc. )**

These events are designed to introduce students ages 5 to 7 to concepts of competition if they are not yet performing

patterns or free sparring as part of their current curriculum. Entry in the TKD Kids category automatically gives

competition in both of the events listed below.

This will be a mixed female/male category.

NOTE Competitors age 6+ who are training in the standard ITF Taekwon-Do program should not enter this category.

#### ***“Kids Patterns” – Single Elimination***

Competitors compete 2 at a time performing simultaneously. They will be asked to demonstrate each of the following

fundamental movements that are found in the official ITF Kids Course. Judges will give commands.

1. parallel stance middle punch
2. walking stance low block
3. walking stance rising block
4. guarding block front snap kick
5. guarding block front rising kick

Judging will be based on technique and power. The panel of judges will decide by show of flags which player wins and

moves on to the next round. Medals will be awarded for first, second and third place.

Note: The techniques may be demonstrated by a ring council member if the player is having difficulty.

#### ***Belt Tag “Sparring” – Double Elimination***

Players will each have 2 flags attached to a belt around their waist. The goal is to take a flag from the other competitor.

Each flag captured will result in a single point. Play will be stopped with the capture of a flag to replace the flag and then

restart play.

The player with the most points at the end of the round will be declared the winner. Double elimination rules will be

followed so each player will have at least 2 rounds. Round length: 60 seconds

Warnings will be issued for the following infractions:

- Running away from the opponent
- Falling
- Leaving the ring
- Grabbing or holding any part of the uniform or body other than the flag of the opponent
- Kicking, punching or contacting any part of the body with the intent to cause harm
- Verbally disputing a decision of the referee

3 warnings will result in the loss of one point from the player’s total.

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### **Adapted Taekwon-Do / Special Needs Categories**

The purpose of these events is to give our special needs students a platform to showcase their skills and give them an

opportunity to experience competition. All participants will receive a medal.

#### **1. Categories.**

There are 2 categories options each for Black Belt and Colour Belt competitors. You can select up 1 or both of these categories when you register your competitor for the event. Participation fee will be \$40 for one category or \$75 for both of them.

a) *Adapted Solo Patterns (mixed female/male) – Colour Belt or Black Belt*

For this event the competitor performs the pattern of their choice for their rank. It is to be performed on their own.

The pattern can be adapted to their specific needs and abilities but should be easily distinguished as an ITF system pattern.

*Coaching during the performance is allowed by voice and action but the coach cannot perform the entire pattern at*

*the same time with the competitor.*

*Competitors will come up in pairs, but will perform their pattern individually and not simultaneously with another*

*competitor.*

Winners will be determined by judges who are looking for the correct pattern diagram, correctness of technique, and power.

b) *Mixed Abilities (mixed female/male) – Colour Belt or Black Belt*

For this event, the competitor performs with a partner of their choice ( a coach or a fellow student) who knows about their abilities and limitations.

The partner will help the competitor display Taekwon-Do and/or Martial \arts skills. Vocal and physical cues may be

used. The partner may be anyone including the competitor's coach, instructor, trainer, etc.

Rehearsed or unrehearsed routine is allowed. Competitors & partners may use props such as boards for breaking, or

kicking pads and punch mitts.

The demonstration should run a minimum of 45 seconds to a maximum 60 seconds. Timer starts at "Sijak" and ends

at "Goman". This timing is a guideline for the performance and not a strict requirement. It is acceptable if competitor

deviates by a few seconds either way.

Winners will be determined by judges who are looking for the greatest range of Taekwon-Do techniques and abilities

and how well they are performed.

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## **2. Developmental Conditions**

Competitors with any of the following conditions are allowed:

- **Motor/Physical Impairment:** Including loss, malformation or abnormality in the skeletal, muscular or neurological systems responsible for body motion. E.g. Those suffering polio, spinal cord injuries, paralysis, amputations.

- **Sensory Impairment:** For those with severe visual impairments, severe hearing impairments and those with

language and communication disabilities that prevents them from competing in regular competition divisions. E.g.

Blind, deaf, mute.

• Intellectual Impairment: For those characterized by limited higher mental functions (intelligence, language, learning, etc ) as well as motor functions. This covers a wide variety of diseases and disorders including Down Syndrome, Autism, Cerebral Palsy, Asperger, Tourettes, to name a few.

### **3. Proof of Condition/Diagnosis**

Coaches/Parents must provide information to confirm that the competitor's condition meets the above requirements,

which includes documentation of the diagnosis. This must be done using the online form found at:

<https://form.jotform.com/210525407191246>

DEADLINE: Condition forms must be completed no later than April 19, 2023 at 11pm Pacific time.

Competitors

without proof of condition/diagnosis will not be allowed to participate.

**NOTE: All condition forms and information will be deleted shortly after the event, May 6 & 7, 2023.**

### **Competitor Dress Code:**

*Dobok*

Competitors must wear the internationally approved ITF dobok from a recognized manufacturer.

*Old style*

***doboks without the ITF Coloured Fist shall not be worn.***

*Belt*

All Black Belt and Colour Belt competitors must wear belts that conform to ITF standards found in the ITF

Official Rules of Competition, Appendix 2 – pages 83-85.

*Undergarments*

Competitors may wear head/neck coverings which 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; and
- Fit, and remain, fully within the confines of the safety headguard and the dobok jacket while the competitor is sparring.

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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; and
- 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; and
- Extend past the distal portion of either the wrist or the ankle.

*Taping*

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;

- No mechanical means of support are included in the bandaging/taping/strapping. (Including though not limited to: bracing/stays/splints, mechanical joints/articulations/hinges...);
- The Umpire Committee is satisfied that it's use does not give the competitor any undue advantage;
- All Tape/soft bandaging/soft strapping MUST be either white or skin-coloured if it is visible while competitor is competing; and
- 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:

- Special Technique: NO tape/soft bandaging/soft strapping may be used on any joint of the competitor's lower extremities. (Knees, ankles, toes); and
- 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

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

All competitors 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.

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### **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 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 Adult, three medals will be awarded for each competition category: gold, silver and one 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 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 set at CAD\$100.

### **Umpires:**

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

#### **Full Time Umpires:**

The CTFI 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 fulltime

umpires and officials.

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

account. Do not use the e-Referee system used for the eTournament. For complete instructions showing how to

create an account and register umpires, see the additional document “Instructions for using Club Account to

register competitors, umpires and coaches”

This document is found under the “Downloads” button on the SportData web page for the event or go to the link

here: [https://www.sportdata.org/taekwondo\\_itf/setonline/](https://www.sportdata.org/taekwondo_itf/setonline/popup_main.php?popup_action=uploads&vern=372&ver_info_action=info#a_eventhead)

[popup\\_main.php?popup\\_action=uploads&vern=372&ver\\_info\\_action=info#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/setonline/popup_main.php?popup_action=uploads&vern=372&ver_info_action=info#a_eventhead)

If you have any difficulties, please contact the Tournament Director via email

(tournamentdirector@ctfi.org).

*Note: Full Time Umpire registration Deadline: April 19, 2023, at 11pm Pacific Time.*

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#### **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 (full time and competitors) 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) with 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 and club photographers:**

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

***Coach/Photographer Registration Deadline: April 19, 2023, at 11pm Pacific Time.***

All Coaches must register on-line using the SportData system via their club account. For complete instructions

showing how to create an account and register coaches, see the additional document

“Instructions for using

Club Account to register competitors, umpires and coaches”

This document is found under the “Downloads” button on the SportData web page for the event or go to the link

here: [https://www.sportdata.org/taekwondo\\_itf/setonline/](https://www.sportdata.org/taekwondo_itf/setonline/popup_main.php?popup_action=uploads&vernr=372&ver_info_action=info#a_eventhead)

[popup\\_main.php?popup\\_action=uploads&vernr=372&ver\\_info\\_action=info#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/setonline/popup_main.php?popup_action=uploads&vernr=372&ver_info_action=info#a_eventhead)

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### **Head Coach:**

Each School will be allowed one (1) senior Black Belt eligible to coach Colour Belts and/or Black Belts. This

person is the designated "Head Coach" for each school.

Head Coaches will not be asked to officiate for Coloured Belt competition nor for Black Belt sparring

competition. ***Please note that Head Coaches with rank of 4th degree or higher will likely be asked to judge***

***for the Black Belt patterns competition.***

The fee for the "Head Coach" is \$50. Each Club/Dojang may have one Black Belt Coach (including head

coach) for every 4 Black Belts registered for competition.

### **Coloured Belt Coach:**

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 colour belt coaches that meet the above restrictions. The fee for a Colour

Belt coach is \$30.

*Note: 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 Sparring Coach:**

Black Belt Coaches may be any person regardless of rank. *Note: Coaches with rank of Black Belt will be*

*asked to judge for Colour Belt competition. They will likely also be asked to judge Black Belt patterns if they*

*hold rank of 4th 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 Sparring Coach limit:*

Each Club/Dojang may have one Black Belt Coach (including Head Coach) for every four Black Belts

registered for competition. E.g. a Club with 10 Black Belts entered in competition may have up to 3 Black Belt

sparring coaches including the Head Coach.

### **Coaching Rules:**

For individual or team competition there will be only one (1) Head Coach or Colour Belt Coach or Black Belt

Sparring 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 may alternatively wear

an ITF official dobok covered with a track jacket.

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.

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

advisory position.

### **Photographers:**

Any school or club may apply for accreditation for photographers to have access to the competition floor to take

photos of their participants.

*Note: This is not meant as a pass to exempt Black Belts from judging. Under no circumstances will active,*

*training Black Belts age 16 and above be allowed to be photographer. If they are not competing, they are*

*expected to sign up as full time umpires.*

For safety and efficiency, only competitors, officials, volunteers, accredited coaches and accredited

photographers will be allowed to enter the competition floor. All will require accreditation passes.

All Photographers must register on-line using the SportData system via their club account. For complete

instructions showing how to create an account and register Coaches and Photographers, see the additional

document “Instructions for using Club Account to register competitors, umpires and coaches”

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