

Official Invitation

May 18 & 19, 2024
Regina, CANADA



The poster features a black background with white and red text and graphics. On the left, the Korean characters '태권도' (Taekwondo) are written vertically. In the center, a large white 'NA' logo is partially overlaid by a white silhouette of a taekwondo practitioner in a high kick. To the right of the silhouette, the text '2024 ITF' is written in white, followed by 'NORTH AMERICAN INVITATIONAL' in large, bold, red letters with a white outline. Below this, 'TAEKWON-DO CHAMPIONSHIPS' is written in white. A horizontal line separates the event title from the date and location information. The date 'May 18 & 19, 2024' is in white, followed by 'Fieldhouse, Regina SK' and '1717 Elphinstone Street' in a smaller white font. At the bottom, there are four logos: the Regina logo (a stylized 'R' in blue and red), the Sask Lotteries logo (a stylized '5L' in blue and yellow), the ITF logo (a stylized 'ITF' in white with a colorful bar), and the Canadian Taekwondo logo (a red maple leaf with a colorful bar).

태권도

2024 ITF
**NORTH
AMERICAN
INVITATIONAL**
TAEKWON-DO CHAMPIONSHIPS

May 18 & 19, 2024
Fieldhouse, Regina SK
1717 Elphinstone Street

 REGINA  SASK LOTTERIES  ITF 

CANADIAN TAEKWON-DO FEDERATION INTERNATIONAL



Dear Grand Masters, Masters and Instructors,

We are very excited to invite you to participate in the **2024 North American Invitational Taekwon-Do Championships** in Regina, Saskatchewan. on May 18 & 19, 2024. Black belts and coloured belts from ITF-affiliated clubs in North America and other invited countries, ages three and over, are invited to participate in this 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.

For the 2024 North American Invitational Taekwon-Do Championships, we are also pleased to provide the following features to the tournament program:

- Pre-Order shirts online!
<https://form.jotform.com/231555484173257>
- Coaches/Instructors will register participants on-line via Sportdata.
- All competitors will receive their ring locations and estimated time schedule for their events.
- The ITF Electronic Scoring System (ESS) will be used in several rings.

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

All instructors are highly encouraged to become familiar with the most up to date rules, and we stress the importance of relaying the information to their participants.

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

Sincerely,

Grand Master Clint Norman, IX *Ms. Chelsea Mazzei, VI*

On behalf of the Saskatchewan Taekwon-Do Federation Intl.
Host of the 2024 North American Invitational Taekwon-Do Championships



TAEKWON-DO
CANADA



2024 North American Invitational
Taekwon-Do Championships
Regina Fieldhouse
1717 Elphinstone Street
Regina, Saskatchewan
CANADA



Event Information

- Who:** All official ITF-affiliated schools and practitioners from Canada, USA, Caribbean, Mexico and other invited countries.
- When:** Saturday and Sunday May 18 and 19, 2024
- Where:** Regina Field House
1717 Elphinstone St
Regina, Saskatchewan, CANADA
- Contact:** Ms. Chelsea Mazzei (VI)
phone : 306-525-0005
email: ctfihq@gmail.com
- Tournament Director:** Master Kevin Reinelt (VII)
email: tournamentdirector@ctfi.org
- Umpire Director:** Mr. Chris Law (VI)
Email: chrislaw11@shaw.ca
- 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 May 1, 2024 at 11pm Canada Central Standard (Regina) time.

SportData Online Registration:

https://www.sportdata.org/taekwondo_itf/set-online/veranstaltung_info_main.php?active_menu=calendar&vernrr=482#a_eventhead

- Events:** These championships will feature the following events:
- TKD Kids / Tigers - special category (age 3-5 years)
 - Adapted Taekwon-Do - special categories (age 6+)
 - Individual Patterns - Coloured Belt & Black Belt (age 6+)
 - Individual Free Sparring - Coloured Belt & Black Belt (age 6+)
 - Prearranged Sparring - Black Belt & Blue Belt+ (age 12+)
 - Team Patterns – Black Belt & Blue Belt+ (age 12+)
 - Power Breaking Black Belt (age 15+) (World Cup Rules)
 - Special Tech. Breaking Black Belt & Blue Belt + (age 12+) (World Cup Rules)
 - Team Sparring – Black Belt (if time allows) (age 12+) (organized at the event)



ENTRY FEES:

TKD Kids/Tigers includes 2 events (age 3-5)-----	\$60
Adapted TKD/Special Needs (Black Belt & Colour Belt age 6+)	
- Solo Patterns and/or Mixed Abilities (1 for \$40, both for \$75) -----	\$40 - \$75
Coloured Belts (Ages 6+) Patterns and/or Sparring -----	\$75
Cadet (age 11), 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 (NOTE: see limits in Coach section below)-----	\$50
Coach Pass - Colour Belts (Not allowed - Black Belts age 16+)-----	\$30
Photographer Pass (Not allowed - 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 17 th (Host Hotel)	8am-4pm	CTFI Umpire National Class B course (location TBD)
	4pm-6pm	Black Belt weigh-ins, black belt card check and Coach check-in at the Host Hotel
Sat., May 18 th (Venue)	7:30 - 8:00am	Last chance for Black Belt weigh-in/check-in/ and coach check-in at the venue
	8:00 – 8:30am	All Competitors arrive
	8:00 – 8:30am	Black Belt/Umpire Meeting
	8:30 - 9:00am	Opening Ceremonies
	9:00am - 2:00pm	TKD Kids/Tigers, Adapted categories, Colour Belt patterns/sparring
	9:30am - 2:00pm	Special Technique and Power Breaking, Black Belts
	2:00 – 5:00pm	Special Technique Breaking Colour Belts
	2:00 - 5:00pm	Black Belt Patterns, including Team and Pre-Arranged
	5:00pm	Competition ends for the day
Sun., May 19 th (Venue)	8:30 – 9:00am	Black Belt/Umpire Meeting
	9:00 - 4:00pm	Black Belt Individual Sparring
	4:00pm – 5:00pm	Black Belt Team Sparring (time allowing)
	5:00pm	Competition ends



OFFICIAL TOURNAMENT APPAREL PRE-ORDER

You will be able to pre-order online your official 2024 North American Invitational Taekwon-Do Championships T-Shirts.

We highly recommend using the online pre-order process as only limited sizes and quantities will be available for purchase at the tournament venue.

Full details for the tournament apparel are being finalized and will be published separately on www.ctfi.org



ACCOMMODATIONS

Official Host Hotel

The official event host hotel is the **Seven Oaks Hotel**

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

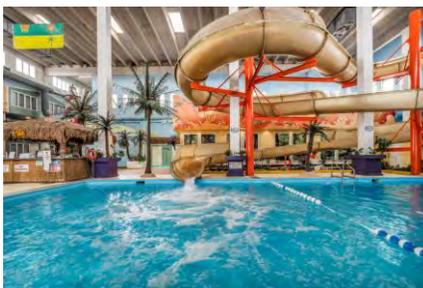
Sure Stay Plus – Seven Oaks Hotel

777 Albert Street

Regina, SK, S4R 2P6

(306)757-0121

info@sevenoaksregina.com



Room Availability: 2 Double Beds (40 available)

2 Queen Beds (40 available)

Rates: \$129.00 + taxes and fees per night

A buffet breakfast will be offered for \$15 (to be paid cash on location) on Saturday and Sunday in a separate room other than the hotel restaurant. This is a great option for a quick breakfast the mornings of the competition!

To book reservations call local phone number (306) 757-0121

Use Group Name: **Sask. Taekwon-Do Federation International**

Group Block ID: **464368**

Check-in time is guaranteed at 4:00 pm, however early check-in needs to be arranged, if possible. Check out time is 11:00 am.

DEADLINE: Rooms must be booked before APRIL 17th, 2024 at 3PM.

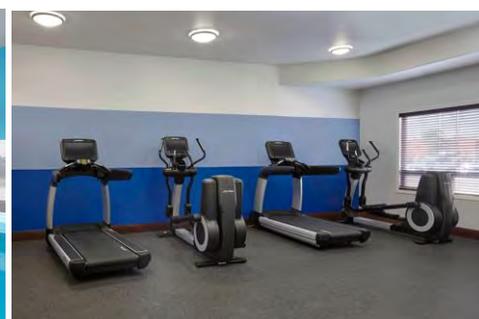
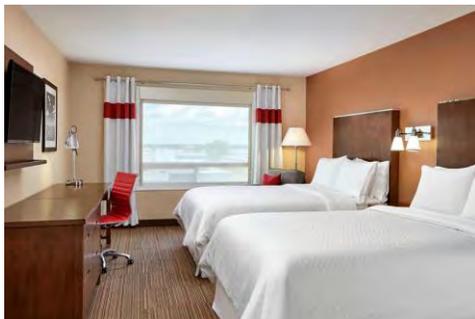
If you wish to cancel your reservation, you must do so before 3pm on the day prior to your check-in.



Other Hotel Accommodations

Four Points by Sheraton

2415 Dewdney Avenue
Regina, SK, S4R 2R2
(306)789- 8008



Room Availability:

2 Queen Beds (40 available)

Rates: \$139.00 + taxes and fees per night

To book reservations call local phone number (306) 789-8008

Use Group Name: **Sask Taekwon-Do**

Group Block ID: **SA2110**

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.

DEADLINE: Rooms must be booked before APRIL 17th, 2024 at 3PM.

If you wish to cancel your reservation, you must do so before 3pm on the day prior to your check-in.

INSURANCE:

The Organizing Committee and CTFI are not responsible for any injuries. Participants must have full third-party liability insurance coverage for any injuries they may cause to others. ***Instructors for all participating Clubs/Schools must provide proof of insurance to the Tournament Director (email: tournamentdirector@ctfi.org) by end-of-day May 1, 2024, or their competitors will not be allowed to participate.***



REGISTRATION:

Coaches must register all competitors, coaches, photographers and umpires from their club/school directly using a SportData club account set up just for your club/school.

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.

Note: Coaches, Do Not try to enrol via the ITF SportsID system as used for World Cup or World Championships. It will not work.

For complete instructions showing how to create a club account and register competitors, umpires and 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 this link:

https://www.sportdata.org/taekwondo_itf/set-online/popup_main.php?popup_action=uploads&vern=482&ver_info_action=info#a_eventhead

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

Go to this page to register:

https://www.sportdata.org/taekwondo_itf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=482#a_eventhead

Note: Registration Deadline for all Competitors, Coaches and Umpires is May 1, 2024, at 11pm Canadian Central Standard Time (Regina time zone).



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 1st Dan Black Belt, it will also be 123456 if they are promoted to 2nd 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 1st Dan Black Belt rank and have not yet received their new wallet card, please request the ID number from Ms. Mazzei at 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 17, 2024 at the host hotel from 4-6 pm and at the tournament venue on Saturday May 18, 2024 from 7:30 – 8:00 am.



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 1st Degree Black Belts may not have received their certification cards yet, so Instructors must check with CTFI HQ (Ms. Mazzei) 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
- Referees
- Photographers

Instructors are responsible for downloading ***Declaration of Consent and Data Protection*** forms and having all competitors/coaches/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/set-online/popup_main.php?popup_action=uploads&vern_r=482&ver_info_action=info#a_eventhead

Competitors/coaches/referees/photographers who do not have valid forms submitted to the Tournament Director by the deadline will not be allowed to compete.

Deadline for Declaration of Consent and Data Protection forms submitted to Tournament Director: May 1, 2024, at 11pm Canadian Central Standard Time (Regina time zone).



BLACK BELT WEIGHT CATEGORIES:

Pre-Junior, Junior and Adult Black Belts

Standard ITF weight categories will apply for initial registration.

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

ADULT (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

Note: Coaches please be careful to enter your Black Belt competitors' weight correctly in your SportData club account so the correct category is offered when registering.

Cadet (age 11), Senior (age 36-45) and Veteran (age 46+) Black Belts:

Competitors in these categories must weigh within +/- 3kg of their registered weight or they will be disqualified.



Category Merging for Black Belts:

Any Black Belt sparring category 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.

Canadian Coaches Note: Seeding points for the Canadian ranking system will be awarded regardless of which category the athletes compete in. Refer to CTFI Team Manual for full details of CTFI Ranking system.

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. A clothing allowance of 500 grams will be applied.

Official weight checks will take place Friday May 17, 2024 at the host hotel from 4-6 pm and at the tournament venue on Saturday May 18, 2024 from 7:30 – 8:00 am.

Black Belts in Cadet (age 11), 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) in unmerged categories must fall within their registered weight categories or they will be disqualified.

Where categories for Pre-Junior, Junior or Adult Black Belts (age 12-35) have been merged, the competitor must fall within the weight boundaries of the merged category. These weight boundaries will be published when categories are finalized a week prior to the event.

Examples:

1. Adult Male categories (a), (b) and (c) are merged. The weight boundaries for the new category will be “Up to 69kg”
2. Junior Female categories (e) and (f) are merged. The weight boundaries for the new category will be “57.1 to 65kg”.



Black Belt Age Categories:

Black Belt Age Categories of this event:

Cadet	age 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. 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:

The valid age for all Pre-Junior, Junior and Adult Black Belt 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 2024 - Year of birth 2006-1 = 17
This Competitor is only allowed to compete as a Junior
2. Year of event 2024 - Year of birth 2005 - 1 = 18
This Competitor is only allowed to compete as a Adult
3. Year of event 2023 - Year of birth 2011 - 1 = 12
This Competitor is only allowed to compete as a Pre-Junior

Canadian Black Belts Only - Competing Up:

Exact circumstances under which “Competing Up” is allowed for Canadian Black Belts 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). “Competing up” is only allowed for Individual Patterns, Special Technique, Team Patterns and Pre-Arranged Sparring. Coaches must register competitors for their normal category, then make an email request to the Tournament Director to compete up. Please note the Age Qualification rules and categories listed above.



Colour Belt Age Categories:

Minimum age is 6 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 – May 18, 2024. 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, age and, for sparring, size.

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. This specifically includes the CTFI Rules for Light Contact Free Sparring.

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:

Colour Belts will perform 1 optional pattern simultaneously with another competitor. 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:

COACHES NOTE: *At this event, CTFI will be implementing the new ITF rules for Black Belt Individual Patterns where competitors enter the ring together and then perform patterns separately. This will apply to all age categories.*

This means that the athletes will perform their patterns ONE AT THE TIME: First RED with the first designated pattern, then BLUE with the first designated pattern. Next, again only RED with the second designated pattern and finally BLUE with the second designated pattern.

Black Belts Pre-Junior, Junior, Adult and Senior will compete 1 to 1 and will perform **separately** 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 Cadet and Veteran will compete 1 to 1 and will perform **separately** 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 3rd dan is matched with a 4th dan, only 3rd dan patterns will be used, but if a different match in the same category sees 2 4th dan competitors, 4th dan patterns will be used).

If Veterans are merged with Seniors, they will perform separately 2 Designated Patterns as above.

Pre-Arranged Sparring

Categories are offered for Black Belt and Blue Belt/Red Belt. Age groups 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.

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 Cadet, Senior, Veteran	2 rounds of 1.5 minutes

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

Round Robin Competition:

To improve the competition experience, all Black Belt individual free sparring categories Pre-Junior, Junior and Adult will have the 4 semi finalists fight in a Round Robin format. Categories with more than 4 competitors will see a Single Knockout (SKO) elimination to determine the 4 semi-finalists to enter the Round Robin finals. Normal “byes” will apply in the SKO elimination.

No seeding based on Canadian ranking:

Because this is an international event, the normal Canadian Ranking will not be applied to determine seeding in the SKO elimination draws. Random seeding will be applied, then the draws will be managed to avoid competitors from the same club from meeting in the first round.



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 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 must 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 Super 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.

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+.

Power breaking competition for all Black Belt Age Groups will follow the ITF rules for World Cup competition - Section IV. Competitors will attempt 2 breaks specified by the rules.

Board counts will begin at 1 board less than ITF World Cup standards except where the minimum is 1 board.

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



Special Technique Breaking

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

Special Technique breaking competition for all Age Groups of Blue/Red Belts and Black Belts will follow the ITF rules for World Cup competition - Section V.

Competitors will attempt 2 breaks specified by the rules.

Board heights will begin at 10cm lower than ITF World Cup standards.

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

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.

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 bandaging/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.

Team Sparring

If time allows, there will be Team Sparring matches. Sparring Teams will be organized by Coaches/Instructors during the event. Teams must be submitted to the Tournament Director no later than 12pm on Sunday morning.

There are no entry fees for this event. There may be no medals, only a thrilling experience and bragging rights for your Club, Province or Country.



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

These events are designed to introduce students ages 3-5 to concepts of competition even though 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. Competitors under age 6 must enter these categories even if they are training in the ITF standard program.

“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. walking stance middle punch
2. walking stance low block
3. walking stance rising block
4. walking stance front snap 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 2 x third place.

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

Belt Tag “Sparring” – Single 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. 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.



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 for each category they enter.

1. Categories.

There are 2 category options each for Black Belt and Colour Belt competitor. You can select 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 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 a fellow student, 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.



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 May 1, 2024 at 11pm Canada Central Standard 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 18 and 19, 2024.

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 Super Senior and Veteran, four medals will be awarded for each competition category: gold, silver and two bronzes.

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

For Black Belt Pre-Junior, Junior and Senior sparring Round Robin Finals categories, 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:

Protests can only be made in Black Belt matches when a decision or procedure seems to violate the rules. Only the Coach for a competitor can present a protest. 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:

STFI and the CTFI are 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 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/set-online/popup_main.php?popup_action=uploads&vern=482&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: May 1, 2024, at 11pm Canada Central Standard Time.



Competitor/Coach Umpires:

All Black Belts (age 16 +) are required to be ready to assist with umpire duties at this tournament. Depending on requirements, not all qualified competitors will be selected to act as umpires.

All Umpires, full-time and selected competitors, will receive a complimentary lunch on the days 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);
- Blue suit jacket;
- 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 selected and 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.

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.

Coach/Photographer Registration Deadline: May 1, 2024, at 11pm Canada Central Standard Time.

All Coaches and photographers must be registered 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/set-online/popup_main.php?popup_action=uploads&vern=482&ver_info_action=info#a_eventhead



Head Coach:

Each School will be allowed one (1) senior Black Belt eligible to coach both 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 be asked to judge for the Black Belt patterns competition.**

The fee for the "Head Coach" is \$50.

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+ may be required to officiate during the Coloured Belt competition, only Black Belts aged 15 and under or any age Coloured Belts 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 Coaches:

Black Belt Coaches may be any person regardless of rank. ***Note: Black Belt Coaches 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 Sparring Coaches will not be asked to judge for Black Belt Sparring. The fee for Black Belt coaches is \$50.

NOTE: 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 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.

NOTE: Coaches will be required to present their Coaches ID to the Jury for verification.

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.

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 Black Belts are not competing, they are expected to sign up as full-time umpires.

All Photographers must be registered on-line using the SportData system via their club account.

Coach/Photographer Registration Deadline: May 1, 2024, at 11pm Canada Central Standard Time.