



**2010 JUNIOR NATIONALS  
JANUARY 15-17  
HALIFAX, NOVA SCOTIA**

**GENERAL INFORMATION**

**\*\*\*PLEASE REMEMBER:**

- 1. YOUR REGISTRATION IS NOT COMPLETE UNTIL YOU HAVE SATISFIED THE KUKKIWON AND CITIZENSHIP REQUIREMENTS BY THE INDICATED DEADLINE.**
- 2. AFTER REGISTERING ONLINE, PLEASE MAKE SURE THAT YOU DOUBLE CHECK YOUR ONLINE REGISTRATION INFORMATION TO MAKE SURE THAT NO MISTAKES WERE MADE.**
- 3. IF YOU ARE UNSURE OF ANYTHING OR HAVE ANY QUESTIONS, PLEASE CONTACT JONATHAN DAGOSTINO AT [JDAGOSTINO@WTFCANADA.COM](mailto:JDAGOSTINO@WTFCANADA.COM).**

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

- Registration Centre:** WTF Taekwondo Association of Canada  
506-1376 Bank Street  
Ottawa, ON K1H 7Y3  
Fax: (613) 523-6651  
Email: [jdagostino@wtfcanada.com](mailto:jdagostino@wtfcanada.com)
- Competition Location:** **CUNARD CENTER**  
961 Marginal Road  
Halifax, NS BPH 4P6  
Canada  
<http://www.rcr.ca/catering/venues/cunard-centre/>
- Primary Host Hotel\*:** **WESTIN NOVA SCOTIAN**  
1181 Hollis Street  
Halifax, NS B3H 2P6  
Canada Tel: 902-421-1000  
**(reference TAEKWONDO TOURNAMENT)**  
<http://www.thewestinnovascotian.com/>

Secondary Host Hotels\*\*: **MARRIOTT COURTYARD HALIFAX DOWNTOWN**  
5120 Salter Street  
Halifax, NS B3J 0A1  
Canada Tel: 902-428-1903  
**(reference TAEKWONDO TOURNAMENT)**  
**\$109 per night until Dec 14th**  
<http://www.marriott.com/hotels/travel/yhzcyc-courtyard-halifax-downtown/>

**\* PRIMARY HOST HOTEL WITHIN WALKING DISTANCE TO VENUE**  
**\*\* SECONDARY HOST HOTEL IS 5-MINUTE TAXI RIDE TO VENUE**

**Registration Deadline:** All documents/items must be **received by January 2, 2010 at 11:59 PST** (Pacific Standard Time) **or earlier\***.

**THERE WILL ONLY BE ONE DEADLINE.**

There will be **no late deadline date** and there will be **no exceptions** to the deadline indicated above. Please do not contact Taekwondo Canada requesting an extension to the deadline for any reason.

**\*Please note that the Taekwondo Canada office will be closed for the Holidays starting December 23<sup>rd</sup> to January 1<sup>st</sup> and will reopen January 4<sup>th</sup>, 2010.**

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

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

**Photo:** **Emailing a photo IS MANDATORY for ID card pick up. Please mail/email a regular picture or close up of your face in any format (JPEG, JPG, BMP, etc.) to [jdagostino@wtfcanada.com](mailto:jdagostino@wtfcanada.com). Photos must be sent by January 4<sup>th</sup>, 2010.**

<b>Fees:</b>	<b><u>Athletes</u></b>	
	Sparring Only	\$141.00
	Individual Poomse Only	\$141.00
	Pairs Poomse Only (Same and Mixed Sexes)	\$141.00/team of 2
	Team Poomse Only (Same and Mixed Sexes)	\$201.00/team of 3
	Para-Sparring Only (Amputees Only)	\$141.00
	Para-Poomse Only (Amputees or Legally Blind)	\$141.00
	<b>Any Two Events</b>	<b>\$181.00</b>
	<b>Any Three or More Events</b>	<b>\$201.00</b>
	<b><u>Team Officials</u></b>	
	A Provincial/Territorial team can consist of six (6) members including:	
	Head of Team	
	2 Team Managers	
	Head Coach (Must be minimum 1 <sup>st</sup> Dan registered with Taekwondo Canada)	
	Team Coach (Must be minimum 1 <sup>st</sup> Dan registered with Taekwondo Canada)	
	Team Doctor (Must be a Doctor approved by Dr. Mohsen Kazemi)	
	One Team Official	\$42.00
	Two Team Officials	\$84.00
	Three to Six Team Officials	\$150.00
	<b><u>Individual Coaches</u></b>	
	Registration Fee (Must be minimum 1 <sup>st</sup> Dan registered with Taekwondo Canada)	\$42.00

**Competitor Eligibility:**

- Applicants must be Canadian citizens, and have proof of citizenship (Birth Certificate of Canadian Passport); and,
- Applicants must hold a Kukkiwon Poom/Dan Certificate, and must be listed in the Taekwondo Canada Kukkiwon Database; you can view the database at [www.wtfcanada.com](http://www.wtfcanada.com)
- Applicants must obtain the approval of the affiliated Provincial/Territorial Taekwondo Association President in the Province/Territory in which he/she is a member.
- Athletes are eligible to compete at the Junior Nationals with a Poom/Dan certificate "In Progress" through Taekwondo Canada. For more information please contact Michelle Robb at [michelle@wtfcanada.com](mailto:michelle@wtfcanada.com) or by phone at 613-523-4134.

**Eligible Ages for Sparring and Poomse:**

Division A – Born in 1993, 1994, 1995  
 Division B – Born in 1996, 1997  
 Division C – Born in 1998 or 1999

**Weight Class Changes for Registration:**

Weight Class changes can be made any time until January 2, 2010 at 11:59 PM PST via email to [jdagostino@wtfcanada.com](mailto:jdagostino@wtfcanada.com), at no extra cost. You may not change weight classes after January 2, 2010 at 11:59 PM PST.

**Registration Confirmation:**

Once you complete the online registration and payment you will receive an email confirmation. **This only confirms the online registration and payment;** you may still have to complete the Kukkiwon and Citizenship requirements. Please ensure these are taken care of as well, prior to the deadline. If you have any concerns please contact Taekwondo Canada to ensure your registration is complete at [jdagostino@wtfcanda.com](mailto:jdagostino@wtfcanda.com).

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

**Ranking Points:**

No Taekwondo Canada ranking points will be available at this event.

**Rules for Junior “A” Sparring; Able and Para:**

- Use of LaJust Electronic Body Protectors (EBPs)
- Two out of Three judges will score head shots (not in Para) and turning kicks
- Gloves are mandatory (WTF approved only, white in colour or matching the contestant’s chest protector colour).
- LaJust socks must be used. Athletes must purchase their own pair BEFORE the tournament through the LaJust website at <http://www.lajustsports.ca/en/sensorsocksgroup.html>.
- **REVISION: According to Taekwondo Canada’s 2010 Youth Olympic Games selection criteria, registering in the following “Regular Divisions” will automatically place you in the adjacent Olympic Division, which can be seen in the table below.**

**FOR JUNIOR**

Regular Division	Olympic Division	Olympic Weights
FIN + FLY	1	Men: Under 48kg Women: Under 44kg
BANTAM + FEATHER	2	Men: Under 55kg Women: Under 49kg
LIGHT + WELTER	3	Men: Under 63kg Women: Under 55kg
LIGHT MIDDLE + MIDDLE	4	Men: Under 73kg Women: Under 63kg
LIGHT HEAVY + HEAVY	5	Men: Over 73kg Women: Over 63kg

**TAEKWONDO CANADA AND LAJUST WILL NOT BE PROVIDING, NOR SELLING LAJUST SOCKS AT THE TOURNAMENT. PLEASE PURCHASE THEM AHEAD OF TIME**

**Rules for Junior “B” and “C” Sparring; Able and Para:**

- Use of regular chest protectors; **athletes must provide their own WTF Approved Chest protectors**
- Three out of Four judges will score head shots and turning kicks

- Gloves are mandatory (WTF approved only, white in colour or matching the contestant's chest protector colour).
- Foot protectors (Foam Foot Coverings, not Socks) will be mandatory in Divisions B and C alone.

**Head Contact:**

Head Contact will be allowed in the A and B Able Divisions, but not in C Division Able or any Para-Sparring Division.

**NEW INFORMATION: Rules for All Poomse and Para-Poomse Divisions:**

- For the Eliminations and Finals, each competitor will perform the Poomse(s) listed below.
- Divisions for Individual Poomse will be determined by age category; Poom A, B and C
- Pairs and Team Divisions can include any variation of Age category (A, B and C) as well as any variation of Poom Level (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>). (i.e. Competitors do not have to be the same age or rank in either Pairs or the Team Division)
- Pair and Team Poomse competitors will be allowed to choose their pattern. in both the elimination and the finals, from the Poomse listed below.

**List of Poomse**

Individual Poomse		
Male/Female	Eliminations	Finals
1 <sup>st</sup> Poom/Dan	Koryo	Koryo
2 <sup>nd</sup> Poom/Dan	Gum Gang	Gum Gang
3 <sup>rd</sup> + Poom/Dan	Tae Baek	Tae Baek
Poomse de Paires et d'Équipe		
Division	Eliminations	Finals
All Pairs	Tae Guk 7 to Tae Baek	Tae Guk 7 to Tae Baek
All Team	Tae Guk 7 to Tae Baek	Tae Guk 7 to Tae Baek

**Equipment:**

**PLEASE CONSULT "EQUIPMENT NOTICE" DOCUMENT (PDF) FOR IMPORTANT INFORMATION ON ALL JUNIOR SPARRING DIVISIONS.**

**Draws:**

Juniors Divisions B and C, as well as all Para-Sparring Divisions will be randomly drawn. For Junior A Sparring, athletes will be seeded according to the Junior Ranking system detailed in the 2010 Youth Olympic Games Qualification Document, which can be found linked to Taekwondo Canada's website shortly.

**Sparring Competition Format:**

Single Elimination.

**Poomse Competition Format:**

As per WTF Poomse Competition Rules

**Ring Size:**

8 metres X 8 metres

**Match Duration for Able and Para Sparring Divisions:**

Elimination and Finals

Division A – 3 rounds of 2 minutes, 1 minute of rest between rounds.

Division B – 3 rounds of 90 seconds, 1 minute of rest between rounds.

Division C – 3 rounds of 60 seconds, 1 minute of rest between rounds.

**Weigh In:**

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

**Inspection:**

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

**Protest:**

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

**Doping Control:**

Doping control testing may be conducted, in accordance with the Canadian Policy on Doping in Sport and Canadian Doping Control Regulations. Please see [www.cces.ca](http://www.cces.ca).

**Kukkiwon Certificate:**

To participate at this event as an athlete or coach, your Kukkiwon Certificate must have been applied for through Taekwondo Canada. Please check the Kukkiwon database on Taekwondo Canada's website at [www.wtfcanda.com/kukkiwon.html](http://www.wtfcanda.com/kukkiwon.html) to see if you are registered. If your certificate was not applied for through Taekwondo Canada you must pay the commission fee which corresponds to your Dan level and situation according to the Kukkiwon Database Registration Fees posted on [www.wtfcanda.com/kukkiwon.html](http://www.wtfcanda.com/kukkiwon.html) to register your Kukkiwon Certificate with Taekwondo Canada as per the Taekwondo Canada Policy.

If your Kukkiwon Certificate is in progress and applied for through Taekwondo Canada please type seven zeros (Example: 0000000) where the online registration sheet asks for your Kukkiwon Number. If your certificate is in progress but was applied for directly through the Kukkiwon you must pay the commission fee which corresponds to your Dan level and situation to register your Kukkiwon Certificate with Taekwondo Canada.

**Itinerary:**

**Thursday January 14, 2010**

Time	Activity	Room/Location	Notes
09:00 – 18:00	Referee Seminar	Westin Hotel <i>Lunenburg Room</i>	

**Friday January 15, 2010**

Time	Activity	Room/Location	Notes
12:00 – 14:00	ID Card Pick Up	Westin Hotel <i>Atlantic Ballroom</i>	<b>Junior B and C All Poomse and Para Athletes All Poomse Coaches</b>
14:00 – 16:00	ID Card Pick Up	Westin Hotel <i>Atlantic Ballroom</i>	<b>All Junior A</b>
14:00 – 15:00	Test Scales Open	Westin Hotel <i>Male-Bedford Rm. Female-Maritime Rm.</i>	All Sparring Athletes
16:00 – 17:00	Male Weigh Ins	Westin Hotel <i>Bedford Room</i>	All B and C athletes: Able and Para
16:00 – 17:00	Female Weigh-Ins	Westin Hotel <i>Maritime Room</i>	All B and C Athletes: Able and Para
18:00	ALL Team, Pair and PARA Poomse	Cunard Centre	
19:30 – 20:30	Referee Meeting	Westin Hotel <i>Harbour Suites A/B</i>	<b>Mandatory for all Referees</b>
20:30 – 21:30	Technical Meeting	Westin Hotel <i>Harbour Suites A/B</i>	<b>Mandatory for all Sparring Coaches ID card pick up for all Sparring coaches after Meeting</b>

**Saturday January 16, 2010**

Time	Activity	Room/Location	Notes
7:30	Doors Open	Cunard Centre	General Admission
8:30	Referee Meeting	Cunard Centre	
9:00 – 9:40	Opening Ceremonies	Cunard Centre	Team/Pairs Able and Para Poomse Medal Presentations
9:50	Individual Poomse	Cunard Centre	Junior A, B, C Able and Para
After Individual Poomse	Sparring Competition	Cunard Centre	B and C Divisions
14:00 – 15:00	Test Scales Open	Westin Hotel <i>Harbour Suites A/B</i>	A Division: Able and Para
16:00 – 18:00	Male Weigh Ins	Westin Hotel <i>Harbour Suite A</i>	A Division: Able and Para
16:00 – 18:00	Female Weigh Ins	Westin Hotel <i>Harbour Suite B</i>	A Division: Able and Para

**Sunday January 17, 2010**

Time	Activity	Room/Location	Notes
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7:30	Doors Open	Cunard Centre	General Admission
8:00	Referee Meeting	Cunard Centre	
8:30	Sparring Competition	Cunard Centre	A Division Able and Para
After Sparring	Youth Olympic Games Qualifier	Cunard Centre	Please see attached Format for details

**\*\*\* Itinerary subject to change; changes will be posted.\*\*\***