



TAEKWONDO CANADA



ONLINE POOMSAE NATIONALS 2021



INFORMATION PACKAGE



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ORGANIZATION

Event Organizer

Taekwondo Canada
2451 Riverside Drive, Ottawa
Ontario
K1H 7X7

Email: info@taekwondo-canada.com
Telephone: (613) 695-5425

Contact Us

Events: events@taekwondo-canada.com
GMS coordinator: gms@taekwondo-canada.com



EVENT DATE

February 6-7, 2021



VENUE

- This event will be hosted on Zoom with live viewing through Facebook and YouTube
- Additional event information (ex: results, schedule, etc.) will be accessible through wcompetition.com



SPECTATOR ADMISSION

Spectators admission is free for this online event. Details on how to access the virtual event space will be released prior to the event.



ELIGIBILITY

Athletes

- Must be a Canadian citizen
- Must be in good standing with their P/TSOs and Taekwondo Canada



- Must have a VALID 2021 Global Athlete License with event pass

Coach

- Must be in good standing with their P/TSO and Taekwondo Canada
- Must have a VALID 2021 Global License with event pass
- As a minimum, coaches must have engaged in Taekwondo NCCP training at the Beginner Instructor level (Assistant-Instructor).
 - C1 - Performance Coach certified
 - C2 - Dojang Coach certified
 - C3 - AI certified (may only register as this once in a lifetime)
- Must be registered and in good standing with the Coaching Association of Canada's Professional Coaching department

Eligibility: 2021 International Events

Results from the 2021 Online National Poomsae championships will be used to name athletes to future online event teams if WT or WT Pan America schedule a sanctioned international online championship in 2021.

Should there be an in-person event in 2021 and should Canada be unable to host an in-person qualifier due to either restrictions or timing, the 2021 Online National Poomsae championships results will also be used to select athletes for this event as well.

Taekwondo Canada intends to always use the latest selection meet to name athletes to upcoming events unless specified otherwise in a separate selection protocol.



Note: We are using SimplyCompete for registration, payment is in USD.

Registration Opens: January 4, 2021

Registration Deadline: 11:59 PM EST on January 14, 2021

Late Registration: January 15 - January 27, 2021 at 11:59 AM EST

Category	Regular Rate USD	Late Registration Rate (USD)
Athlete/Team/Pair event (individual poomsae, teams, pairs etc.)	\$100 USD	\$125.00 USD
Coaches (C1, C2, C3)	FREE	\$100 USD





All divisions will use the Cut-Off system.

Preliminary rounds, Semi-Final rounds, and Final rounds will all proceed with two poomsae.

Coach Information

- Coaches are expected to join the WhatsApp Group of the event to receive information and guidance leading up to and during the competition
 - <https://chat.whatsapp.com/JhPXHho56JgHtGitlx5eeU>
- Coaches are NOT allowed to enter the Zoom competition area to watch their athlete compete
- Coaches sharing their Zoom account with students:
 - Zoom account must be named using the full name and event ID numbers of your student(s) that will be assigned to each athlete (ex: Brittany Rich - 008/Jimena Gravelle - 022/Bob Smith - 114)
- Coaches are expected to review and understand the Guidelines for Athletes

Guidelines for Athletes

Before the Competition

A. Technical requirements for Participation

i. Hardware

- HD Camera
- PC, Laptop core i5, or Smartphone with HD camera
- 1.8MHz or equivalent with microphone
- 5Mbps upload internet connection

i. Required Software

- Zoom
- Chrome Web Browser
- WhatsApp

ii. Physical scenery

- Ensure adequate space for the Poomsae to be executed
- Verify that there are no obstacles in the performance area
- Ensure that nothing interferes with the camera view during the athlete's performance (ex: pets, other people, objects, etc.)

iii. Recording & Streaming

- Camera must be in a landscape position (horizontal)
- Camera must be positioned directly in front of the athlete
 - Camera should be placed at a distance that will capture all the details of the athlete's performance
 - Poomsae needs to be started far enough from the camera that the athlete does not step out of the camera's view at any point
 - Camera should be position 1.5 to 1.8 meters high from the ground
- Camera must remain in the same position for the duration of the performance (not permitted to zoom in/out or pan left/right)
- Check that your camera is not set to stream in mirror image
- To improve your video streaming quality and reduce disturbances, please check that all other streaming devices are shut off during your performance
- Following the athlete's performance, it is the athlete's responsibility to ensure his/her microphone and camera are turned off



- iv. **Room Lighting**
 - Avoid backlighting (no lights behind the athlete, only from the top)
 - Lighting shall be a minimum of 500 lux to a maximum of 1200 lux
 - v. **Background and Props**
 - Virtual backgrounds are not permitted
 - Religious or political displays are not permitted
 - vi. **Athlete Support**
 - A support person should be present to help the athlete with the live streaming process (ex: turning on/off the microphone, adjusting camera, etc.)
 - This person can be the assistant or coach
- B. Enter the WCompetition.com platform**
- Check the participation schedule, performance order, and poomsae draws
- C. Week Before the Competition**
- Athletes are expected to join the Whatsapp group for the event to receive information and guidance
 - <https://chat.whatsapp.com/JhPXHho56JgHtGitlx5eeU>
- D. Test Simulation**
- Athletes are encouraged to complete a performance simulation before the competition to consider various technical requirements

Competition Day

- A. Information regarding schedule will be posted on the Taekwondo Canada website**
- Communications will be live via WhatsApp
- B. Check In**
- To be entered into the competition area - athletes must have their Zoom account identified with their competition ID number
 - If multiple athletes are using the same account, all of the athletes' full names and event ID numbers must be listed (ex: Brittany Rich - 008/Jimena Gravelle - 022/Bob Smith - 114)
 - Please bring your ID card or birth certificate with you to the Zoom check in - these documents will be used as verification of your identity
 - 1 hour before competition - athletes must be ready for their performance logged in on Zoom in their respective divisions
 - If the athlete is not in the Zoom waiting room 15 minutes before the start of the division (not their poomsae start time), the athlete will be automatically disqualified
- C. Performance Time**
- 15 minutes before the performance - athletes must be ready in the Zoom video chat in their respective category
 - If the athlete is not present in the video chat 5 minutes before starting the competition, he/she will be automatically disqualified
 - Once in the video chat, the athlete will be located into the standby lobby
 - Athletes must be aware of and monitor the performance order to be ready for their competition sequence



- After performing, athletes must turn off their cameras and microphones and wait for their final score

D. Other Competition Day Information

- It is the responsibility of the coach and the athlete to monitor the scoring, ranking, and advancement to the next stage of competition
 - Refer to wcompetition.com to see the follow ups in real-time
 - Athletes ranking will also be displayed through the Zoom account after each performance
- During the competition, neither the athlete, the coach, nor any other person shall make questions, activate the camera or similar actions in the Zoom session that is being used.
 - The Whatsapp group will be serving that function.
- Connection issues
 - During a cut-off system round - the athlete must return within 5 minutes and will be permitted to compete at the end of their round
 - Unless it is the final round - athlete must immediately come back within 5 minutes since the order of the final round is by ranking order 8-1
 - If athletes do not regain connection within 5 minutes, the athlete will be disqualified
 - During a single elimination round - the athlete will be given 5 minutes to regain connection
 - If the athlete does not return to the Zoom room within 5 minutes, the athlete will be disqualified and the other athlete will advance to the next round
- **Reminder: microphone AND camera must be activated during the performance (Judges will not perceive Kihaps and stomps through a muted microphone)**

POOMSAE COMPETITION

- Scoring System: WCompetition

Recognized Poomsae: Individual

Division	Born	Compulsory Poomsae
Youth	2010 - 2011	T4 to Koryo
Cadet	2007 - 2009	T4 to Keumgang
Junior	2004 - 2006	T4 to Taekback
U30	1991 - 2003	T6 to Shipjin
U40	1981 - 1990	T6 to Shipjin
U50	1971 - 1980	T8 to Chonkwon
U60	1961 - 1970	Koryo to Hansu
U65	1956 - 1960	Koryo to Hansu
O65	1955 and earlier	Koryo to Hansu

Recognized Poomsae: Pair and Team

Division	Born	Compulsory Poomsae
Youth	2010 - 2011	T4 to Koryo
Cadet	2007 - 2009	T4 to Keumgang
Junior	2004 - 2006	T4 to Taekback



U30	1991 - 2003	T6 to Shipjin
O30	1990 and earlier	T8 to Chonkwon

Freestyle Poomsae: Individual, Pair and Team

Division	Born
U17	2004 - 2009
O17	2003 and earlier



PARA POOMSAE COMPETITION

Eligibility and Classification

- The preliminary classification for this tournament will be determined by consulting International Classifiers (either medical stream or technical stream or both). The final classification for this tournament alone will be determined by Chief Referee. The final classification for this tournament might be different from WT official classification results.
- P20 athletes require INAS provincial eligibility as seen on the INAS master list.

Categories - P20

Male Categories	Female Categories
Junior (12 - 15 years old)	Junior (12 - 15 years old)
Under 30 (16 - 29 years old)	Under 30 (16 - 29 years old)
Over 30 (30 or older)	Over 30 (30 or older)



RULES

- Online Poomsae Competition Rules
- **The following will receive a 0.3 major deduction from accuracy:**
 - Athlete does not have adequate space to perform the poomsae and takes an extra step to get around any objects in the room
 - 0.3 major deduction for each additional step
 - Each hand and/or foot movement which cannot be seen by the judges due to stepping outside the camera's view
 - Each hand and/or foot movement which cannot be seen by the judges due to poor lighting (ex: backlighting, lighting too bright/dim, etc.)
 - Each stomp and/or kihap which cannot be heard by the judges due to competitor not turning on his/her microphone before his/her performance
- **A 0.3 deduction from the final score will be given for the following:**
 - Overtime
- **Any restart due to the following will receive a 0.6 deduction from accuracy:**
 - Performing incorrect poomsae



- Object, person or pet coming into field of play while executing poomsae
- Someone moving the camera during the performance to capture the athlete
- **A 0.6 deduction from the final score will be given for the following:**
 - Wearing incorrect dobok
 - Wearing incorrect belt
- **There will be no deduction for a restart due to internet disconnection and having to rejoin the competition**
 - If the athlete is disconnected a 2nd time, this will result in a disqualification
 - If the athlete does not reconnect within the allotted time frame (see Competition Format), the athlete will be disqualified

SCHEDULE

- All competitions will be live through using Zoom and the WCompetition platform
- It is the athlete's responsibility to ensure adequate internet connectivity during the event
- Divisions will be assigned an online competition time in the week prior to the event

Technical Meeting

- Date and Time: February 5, 2021 7:00 PM EST
- Zoom Meeting Information:
 - <https://us02web.zoom.us/j/83402013857?pwd=aHdha2JYK0llcEoxekZNSXRuakREQT09>
 - Meeting ID: 834 0201 3857
 - Passcode: 984374

Poomsae Divisions

Saturday, February 6, 2020	Sunday, February 7, 2020
Youth Individual Male/Female Cadet Individual Male/Female O30 Pairs O30 Teams Junior Individual Male/Female U30 Pairs/Teams O30 Pairs/Teams <hr/> Freestyle: O17 Pairs Freestyle: O17 Teams Freestyle: U17 Male Individual Freestyle: U17 Female Individual <hr/> P20	Cadet Pairs Junior Pairs Cadet Team Junior Team O65/U65/U60/U50/U40/U30 Individual Male/Female Youth Pairs Youth Teams <hr/> Freestyle: U17 Pairs Freestyle: U17 Teams Freestyle O17 Male Individual Freestyle: O17 Female Individual

* Order of competition to be determined *



DRAWS

Poomsae

- Poomsae draws will be posted on the Taekwondo Canada website immediately following the Technical Meeting, where they will be drawn



ZOOM INSTRUCTIONS

- Once logged in to the Zoom Room, please be sure to change the name on your screen to your full name and event ID number (ex: Brittany Rich - 008).
 - How to change your name can be found [here](#)
 - Right click anywhere on your Zoom meeting window, select “Rename” then type your full name in the “Enter a new screen name” box
- Check the Zoom video settings
 - Shortcut can be found by clicking the arrow next to “Video” on the Zoom meeting window
 - 16:9 (Widescreen) is recommended
 - Enable HD
 - Touch up my appearance is also recommended for better video quality
 - Please make sure mirror my video is turned off
 - Video settings support can be found [here](#)



AWARDS

- Certificates will be awarded to the top 4 individuals in each division
- Certificates will be delivered via email



EQUIPMENT

- World Taekwondo (WT) recognized equipment must be worn (WT approved Poomsae competition uniforms)
- List of the World Taekwondo Recognized Brands can be found [here](#).



DRESS CODE

Coaches and Athletes

- Athletic attire/team tracksuit or business attire
- No chewing gum or use of electronic devices such as cell phone, PDA or video cameras
- Any coach perceived to be under the influence of alcohol or drugs will not be allowed



LIABILITY AND WAIVERS

As a requirement for event registration, participants must agree to the terms and conditions listed in [Appendix A](#).



ANTI-DOPING

The WT Anti-Doping rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.



TAEKWONDO CANADA

 **PARTNERS**



Canada 

 **SPONSORS**





APPENDIX A

Participant Agreement/Waiver

Thank you for your interest in the 2021 Canadian National Taekwondo Championships. As a requirement for event registration, I agree to the following terms and conditions:

I declare that I am over the age of 18 years old or I am a parent/guardian of a participant under the age of 18 years old.

1. I understand that as a condition of event participation, I must have insurance coverage in the event that I require emergency medical treatment. I may be asked to provide proof of my insurance information to the event organizers as a condition of participation.
2. I am fully aware of the risks involved and the degree of fitness required in taking part in this event. I accept that the event organizers and their agents cannot be held responsible for any injury or loss, however caused.
3. I have not suffered a concussion for which I have not been medically cleared to compete, or suffered a concussion for which I have not been treated in the last 30 days.
4. I understand that I am expected to have completed Making Head Way in Sport and have familiarized myself with concussion return to play steps.
5. I agree to allow Taekwondo Canada and their agents to capture myself on still image or video for the purposes of promotion.
6. I understand that all fees are NON-REFUNDABLE.
7. I understand that all athletes and their clubs are required to register with Taekwondo Canada prior to registration.
8. I have reviewed and understand the anti-doping policies of Taekwondo Canada, WADA and CCES.
9. Athletes and coaches must adhere to the policies of the World Anti-Doping Agency (WADA). I understand that as a participant, I, or my athlete, may be subject to anti-doping testing.
10. I have reviewed the list of prohibited substances recognized by WADA found on the Prohibited List.
11. I understand that an athlete is required to declare a Therapeutic Use Exemption (TUE) for medication used for illness or other medical reasons if the medication is on WADA's [2021 Prohibited List](#). More information on TUE can be found [here](#).