



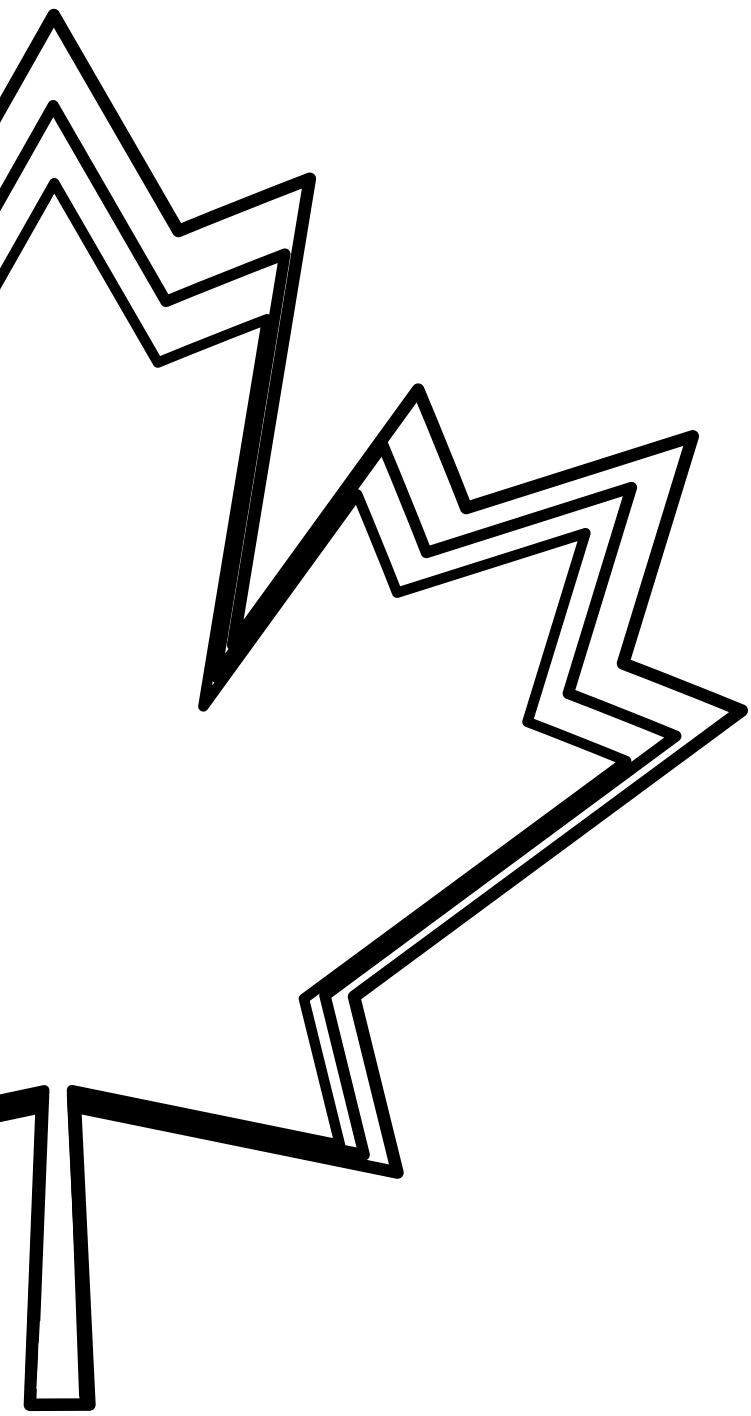
TAEKWONDO CANADA

2022 CANADIAN NATIONAL POOMSAE CHAMPIONSHIPS

INFORMATION PACKAGE

2022

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First and foremost, Taekwondo Canada's priority is to host a safe National Championship event to select Taekwondo Canada's Poomsae National Team for 2022 Poomsae International Events, including, but not limited, to the 2022 Poomsae World Championships in Goyang, Korea from April 21-24, 2022.

In order to ensure the safety of athletes, referees and event staff, as well as ensuring there is enough time to register a team, secure clothing/uniforms, and book flights and accommodations for the upcoming Poomsae World Championships, Taekwondo Canada elected to change the competition format of the Poomsae Nationals to online. This decision ensures that Taekwondo Canada is in a position to nominate and prepare a National Team for the Poomsae World Championships.

ORGANIZATION

Event Organizer

Taekwondo Canada
2451 Riverside Drive
Ottawa, Ontario
K1H 7X7

Contact Us

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

EVENT DATE

- February 26-27, 2022

VENUE

- This event will be hosted on Zoom with live viewing through YouTube
- Additional event information (ex: results, schedule, etc.) will be accessible through the [Taekwondo Canada website](https://www.taekwondo-canada.com) and wcompetition.com

SPECTATORS

- Spectators admission is free for this online event
- Details on how to view the event space will be released on the [Taekwondo Canada website](https://www.taekwondo-canada.com) prior to the event

ELIGIBILITY

Athletes

- Must be a Canadian citizen
- Must be in good standing with their P/TSO and Taekwondo Canada
- Must have a VALID 2022 Global Athlete License (GAL) with event pass
- Must comply with Taekwondo Canada's [COVID-19 Vaccination Policy](#)



2022 International Events

- Results from the 2022 Canadian Poomsae National Taekwondo Championships will be used to nominate athletes to Taekwondo Canada's 2022 Poomsae International Event Team(s):
 - 2022 Poomsae World Championships - April 21 to April 24, 2022 in Goyang, Korea
 - Other National Team events - TBD
- Review the [2022 Poomsae National Team Selection Criteria](#) for more information

POOMSAE COMPETITION

Scoring System

- WCompetition

Recognized Poomsae: Male Individual and Female Individual



DIVISION	BORN	COMPULSORY POOMSAE
Youth	2011-2012	T4 to Koryo
Cadet	2008-2010	T4 to Keumgang
Junior	2005-2007	T4 to Taebaek
U30	1992-2004	T6 to Shipjin
U40	1982-1991	T6 to Shipjin
U50	1972-1981	T8 to Chonkwon
U60	1962-1971	Koryo to Hansu
U65	1957-1961	Koryo to Hansu
O65	1956 and earlier	Koryo to Hansu

Recognized Poomsae: Pair and Team

DIVISION	BORN	COMPULSORY POOMSAE
Youth	2011-2012	T4 to Koryo
Cadet	2008-2010	T4 to Keumgang
Junior	2005-2007	T4 to Taebaek
U30	1992-2004	T6 to Shipjin
O30	1991 and earlier	T8 to Chonkwon

- Pairs must be mixed gender
- Teams must consist of three (3) individuals of all the same gender

Freestyle Poomsae: Individual, Pair and Team

DIVISION	BORN
U17	2005-2010
O17	2004 and earlier

- Pairs must be mixed gender
- Teams must consist of five (5) individuals of mixed gender either:
 - Three (3) males and two (2) females OR three (3) females and two (2) males

PARA POOMSAE COMPETITION

Scoring System

- WCompetition

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 Individual & Female Individual

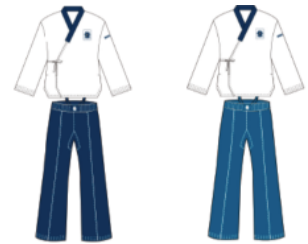
DIVISION	BORN
U30	1992-2004
O30	1991 and earlier

EQUIPMENT

- World Taekwondo (WT) recognized equipment must be worn (WT approved Poomsae competition uniform)
- See the list of the World Taekwondo Recognized Brands [here](#).
- **Cadet Division (Ages 12-14):** White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females



- **Junior and Senior Division (Ages 15-49):** White top with dark blue pants for males; white top with light blue pants for females



- **Master Division (Ages 50 and up):** Yellow top and dark blue pants for both males and females



REGISTRATION

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

- **Registration site:** taekwondocanada.simplycompetite.com
- **Registration Opens:** February 1, 2022
- **Registration Deadline:** February 18, 2022 at 5:00 PM ET
- **Deadline to submit Freestyle Poomsae videos:** February 23, 2022 at 11:59 PM ET

CATEGORY	REGULAR REGISTRATION RATE
One (1) poomsae event (Individual, Pairs, Teams, etc.)	\$150.00 USD per event

NOTE: Athletes may register in a maximum of four (4) events.

- Should there be any athletes who qualify for more than two (2) entries for the 2022 Poomsae National Team(s), the athletes must select the two (2) divisions in which they wish to retain their National Team positions.

Individuals that were registered for the January 2022 event

- Taekwondo Canada will automatically transfer the registrations for the individuals that were registered prior to the postponement of the January 2022 event
 - Individuals that are no longer going to be coaching or competing, please email admin@taekwondo-canada.com for a refund
- Individuals that were registered for the January 2022 event and would like to add or change an event, please email events@taekwondo-canada.com



COMPETITION FORMAT

- All divisions will use the Cut-Off system
- Preliminary rounds, Semi-Final rounds and Final rounds will 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 permitted 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 GAL numbers of your student(s) (ex: John Smith CAN-429/Joe King CAN-347)
- Coaches are expected to review and understand the Guidelines for Athletes

Guidelines for Athletes: Before Competition

A. TECHNICAL REQUIREMENTS FOR PARTICIPATION

Hardware

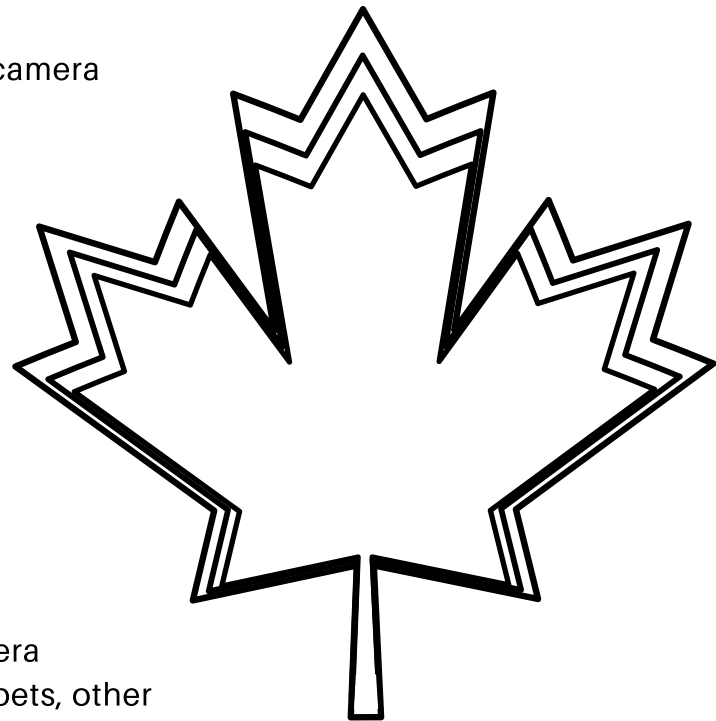
- HD Camera
- PC, Laptop core i5 or Smartphone with HD camera
- 1.8MHz or equivalent with microphone
- 5Mbps upload internet connection

Required Software

- Zoom
- Chrome Web Browser
- WhatsApp

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.)



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

Background and Props

- Virtual backgrounds are not permitted
- Religious or political displays are not permitted

Recording & Streaming

- Camera must be in a landscape (horizontal) position
- 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 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



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](https://www.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



Guidelines for Athletes: Competition Day

A. INFORMATION REGARDING SCHEDULE

- Any information 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 name and GAL number
 - If multiple athletes are using the same account, all of the athletes' full names and GAL numbers must be listed (ex: John Smith CAN-429/Joe King CAN-347)
- 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 and 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, athletes, coaches, parents, etc. are not permitted to ask questions, activate cameras or any other similar actions while in the Zoom session that is being used
 - The WhatsApp group will be used for this 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
 - If it is the Final Round, the 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)

Freestyle Information & Guidelines

- Competition will be held through **pre-recorded videos**
- All videos must abide by the video recording technical specifications published by WT (See technical specifications [here](#))
- Freestyle poomsae will be uploaded using a single video to the personal or club YouTube channel
 - Video links for Freestyle poomsae will be sent to events@taekwondo-canada.com and CC'd to wcompetition2@gmail.com
 - Links will be verified against event registration
- **Deadline for submission: February 23, 2022 at 11:59 PM ET**



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

Deductions for Freestyle

- **The following will receive a 0.3 major deduction from accuracy:**
 - Each out-of-frame movement
- **A 0.3 deduction from the final score will be given for the following:**
 - Under time/Over time

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: Joe Brown CAN-3471).
 - 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](#)



SCHEDULE

- All competitions will be live 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 25, 2022 at 7:00 PM ET
- **Zoom Meeting Information:**
 - <https://us02web.zoom.us/j/86715179897?pwd=dGYyTnhqWXh1Z21NVnNvaUtmYy9KUT09>
 - **Meeting ID:** 867 1517 9897
 - **Passcode:** p9pxaL



Poomsae Divisions

Competition days and order of competition to be determined following the close of registration

SATURDAY, FEBRUARY 26, 2022

Youth Individual Male/Female
 Cadet Individual Male/Female
 Junior Individual Male/Female
 U30 Pairs
 U30 Teams
 O30 Pairs
 O30 Teams
 Freestyle O17 Pairs
 Freestyle O17 Teams
 Freestyle U17 Individual Male/Female
 P20

SUNDAY, FEBRUARY 27, 2022

Youth Pairs
 Youth Teams
 Cadet Pairs
 Cadet Teams
 Junior Pairs
 Junior Teams
 U30 Individual Male/Female
 U40 Individual Male/Female
 U50 Individual Male/Female
 U60 Individual Male/Female
 U65 Individual Male/Female
 O65 Individual Male/Female
 Freestyle U17 Pairs
 Freestyle U17 Teams
 Freestyle O17 Individual Male/Female



DRAWS

- Poomsae draws will be posted on the [Taekwondo Canada website](#) on February 21, 2022

AWARDS

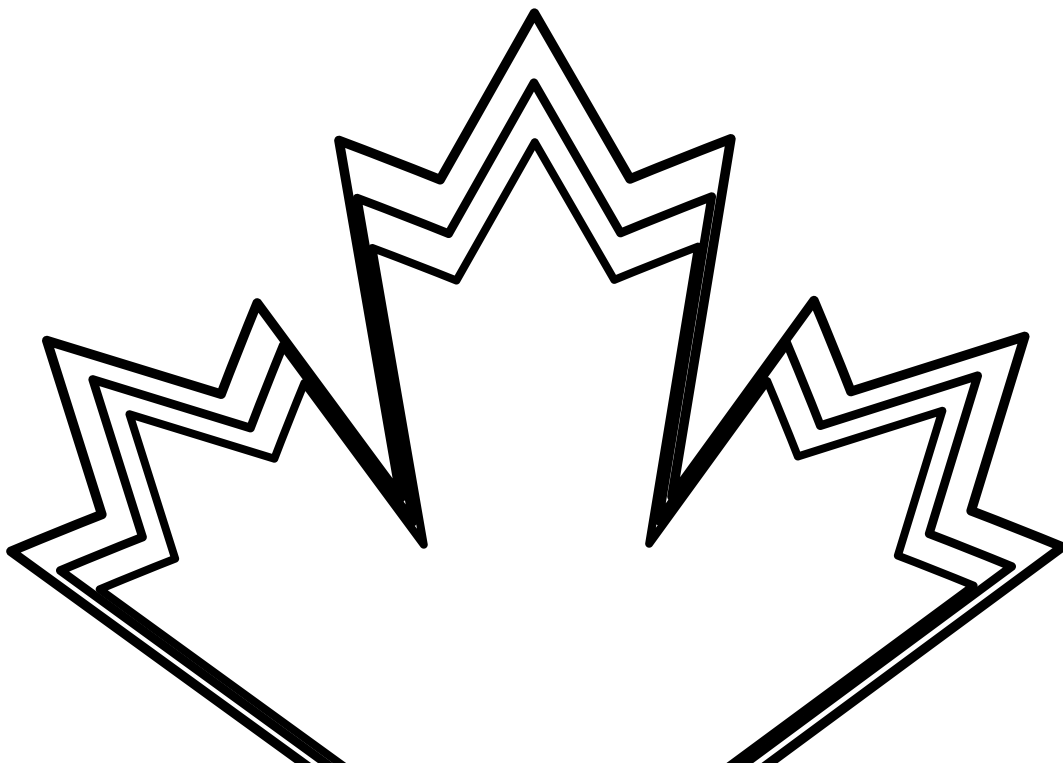
- Medals will be awarded to the top 4 individuals in each division
 - These medals will be mailed to each individual's taekwondo club
 - **Please ensure that your Club Listing is correct on SimplyCompete**

ANTI-DOPING

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

LIABILITY AND WAIVERS

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

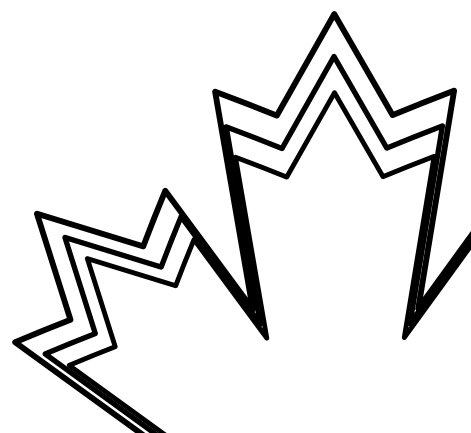
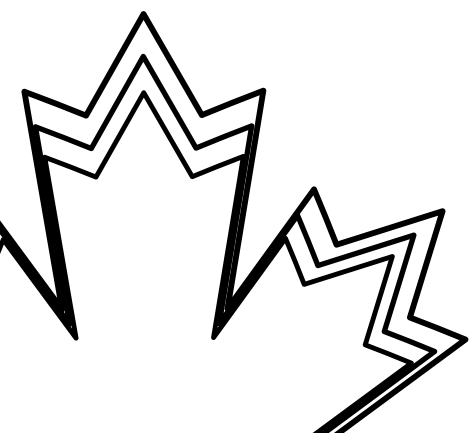


PARTNERS

Canada



SPONSOR



APPENDIX A

Participant Agreement/Waiver

Thank you for your interest in the 2022 Canadian National Poomsae 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 2022 Prohibited List. More information on TUE can be found [here](#).
12. I understand that I will be required to provide proof of vaccination prior to being nominated to a National Team.