



2014

CANADA OPEN
MONTREAL



TAEKWONDO CANADA

► WELCOME

It is with great pleasure that we welcome you to attend the 2014 Canada Open, being held in the City of Montreal at the Claude Robillard Sport Complex from February 13-16, 2014.

The City of Montreal has been the host of many national and international events, including the Formula 1 Grand Prix and the Olympic Games.

After a successful 2013 Canada Open featuring Sparring and Poomsae athletes from 21 countries, PATU has recommended to the WTF that the 2014 Canada Open receive a G2 rating.

The 2014 Canada Open will feature three (3) main sections:

1. Elite Black Belt Senior, Junior, Cadet & Youth
 - a. Sparring Divisions with WTF approved PSS system & IVR
 - b. Poomsae Divisions
2. Colour Belt & Recreational Black Belt Tournament
 - a. Sparring Divisions
 - b. Poomsae Divisions
3. Para/AWAD Tournament
 - a. Sparring Divisions
 - b. Poomsae Divisions

The 2014 Canada Open is positioned to be the premier taekwondo event leading up to the 2014 Youth Olympic Games, 2014 Pan Am Championships and 2015 Pan Am Games. As a result, senior athletes will have the opportunity to earn important points toward their WTF Ranking and seeding at the 2015 World Championships and Grand Prix Series.

You will find all of the information you need for all levels of competition at the 2014 Canada Open within this general information package.

We look forward to greeting you next February in Montreal, Canada.

Su Hwan Chung
Chairman, Taekwondo Canada

Eva Havaris
CEO, Taekwondo Canada



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▶ PARTICIPANT AGREEMENT

PLEASE READ CAREFULLY

Thank you for your interest in the 2014 Canada Open. As a requirement for event registration, I agree to the following terms and conditions:

1. 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.
2. 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.
3. 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.
4. I agree to allow Taekwondo Canada and their agents to capture myself on still image or film for the purposes of promoting the Canada Open events.
5. I understand that the categories in the Colour Belt divisions that are scheduled to compete on Sunday February 16, 2014 may be reconfigured based on registrants and I understand that the categories for Colour Belt sparring will be decided after the weigh in validation (as per the general information section) on Sunday February 16, 2014.
6. I understand that all fees are non-refundable.
7. I understand that I am required to stay at the official hotel of the 2014 Canada Open in order to register as a participant unless I am a local resident of the host city or if I have received an exemption from the event organizer. (For more information please see page 17). To request an exemption, please click the following link:
https://docs.google.com/forms/d/1u5Vv9mWXh1vrhQoxV-nPiPfGPAR_Mo8oTA6k-TQCCaA/viewform
8. I understand that if I participate in an elite black belt sparring division, I must be present at the weigh-in on the day prior to my competition as stated in the official schedule. I understand that there will not be any exceptions to this rule.
9. I understand that all athletes in the black belt Cadet, Junior or Senior categories are required to obtain a Global Athlete License (GAL) prior to competition.
10. I understand that in order to pick up my accreditation, I must present either my GAL or valid photo identification.
11. 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.
- 12.** I have reviewed the list of prohibited substances recognized by WADA found here <http://www.wada-ama.org/en/Science-Medicine/Prohibited-List/>. 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 Prohibited Substance List. More information on TUE can be found here: <http://www.wada-ama.org/en/Science-Medicine/TUE/>



TAEKWONDO CANADA

► GENERAL INFORMATION & REGISTRATION DETAILS

DATE Thursday February 13 to Sunday February 16, 2014	
VENUE Complexe Sportif Claude Robillard Sport Complex 1000, Émile Journault Montreal, QC H2M 2E7	
OPENING CEREMONIES The opening ceremonies will take place on Friday February 14, 2014 at 4:00pm.	
SANCTIONING WTF – G2 Sanction requested	
EVENT STAFF CONTACT INFORMATION Hotel Information: Sonia Monistero (Sonia.Monistero@sheraton.com) Registration Inquiries: Roland Breiteneder (Breiteneder@schwaar.com) General Information: Michelle Robb (mrobb@taekwondo-canada.com)	
REGISTRATION FEES	
<u>Early Bird Rate (by January 9, 2014)</u>	<u>Regular Rate (by January 23, 2014)</u>
Cadet & Youth Elite Black Belt <ul style="list-style-type: none"> • \$100.00 (single event) • \$165.00 (double event) 	Cadet & Youth Elite Black Belt <ul style="list-style-type: none"> • \$120.00 (single event) • \$205.00 (double event)
Junior and Senior Elite Black Belt <ul style="list-style-type: none"> • \$115.00 (single event) • \$195.00 (double event) 	Junior and Senior Elite Black Belt <ul style="list-style-type: none"> • \$135.00 (single event) • \$235.00 (double event)
Colour Belt/Recreational Black Belt <ul style="list-style-type: none"> • \$65.00 (single event) • \$100.00 (double event) 	Colour Belt/Recreational Black Belt <ul style="list-style-type: none"> • \$75.00 (single event) • \$120.00 (double event)
Pair/Team Poomsae <ul style="list-style-type: none"> • \$115.00 (per team) 	Pair/Team Poomsae <ul style="list-style-type: none"> • \$135.00 (per team)
Coaches <ul style="list-style-type: none"> • \$60.00 	Coach <ul style="list-style-type: none"> • \$80.00



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Late Fees (After January 23, 2014)

- International Athletes \$45.00
- International Coaches \$25.00

REGISTRATION PROCEDURE

Senior, Junior and Cadet Black Belts MUST register with the WTF to get a Global Athlete License (GAL) before January 22, 2014. Contact your National Association for registration procedure.

Early bird registration rates will be available until January 9, 2014. Regular registration will remain open until January 23, 2014. Only International athletes and coaches will be allowed to register late with the per person late fee – by contacting Michelle Robb at mrobb@taekwondo-canada.com and paying via credit card before January 30, 2014.

To register for the Canada Open please click the link:

https://www.sportdata.org/taekwondo/set-include/calendar_main.php

A step by step registration guide can be found in the document entitled “Online Registration Instructions here: http://taekwondo-canada.com/wp-content/uploads/2013/12/CO_Online-Registration-Guide.pdf

COMPETITOR ELIGIBILITY AND DOCUMENTATION

All registration must be done online by the corresponding deadlines and in accordance with all registration requirements.

Athletes and coaches must be a member in good standing of a WTF Member National Organization.

The age limit is based on the year, not on the contestant’s birth date. For instance, if the event is held on June 11, 2014, for a Junior category, those contestants born on between January 1, 1997 and December 31, 1999 are eligible to participate.

17+ years old for Senior Championships, 15-17 years old for Junior Championships and 12-14 years old for Cadet Championships.

Age Division Name	Birth Year
U5 (5 & under)	Born 2009 & later
U7 (6-7)	Born 2007-2008



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U9 (8-9)	Born 2005-2006
Youth (10-11)	Born 2003-2004
Cadet (12-14)	Born 2000-2002
Junior (15-17)	Born 1997-1999
Senior (17+)	Born 1997 & earlier
U30 (18-30)	Born 1984-1996
Over 30 (31+)	Born 1984 & earlier
U40 (31-40)	Born 1974-1983
U50 (41-50)	Born 1964-1973
U60 (51-60)	Born 1954-1963
U65 (61-65)	Born 1949-1953
Over 65 (66+)	Born 1948 & earlier

Each National Team may submit ONE name as Head of Team by January 30, 2014 in the SportData registration system.

CANADIAN ENTRY VISA

For athletes and coaches that require a Visa for travel to Canada, information may be found here: [Application For a Temporary Resident Visa \(TRV\) to Visit Canada](#).

ADMISSION AT THE DOOR ONLY

Week Pass

- Adults: \$50.00
- Kids 5-12 years old: \$15.00
- Under 5 years old: FREE

Weekend Pass

- Adults: \$25.00
- Under 5 years old: FREE



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Day Pass

- Adults \$15.00
- Kids 5-12 years old: \$5.00
- Under 5 years old: FREE

ACCREDITATION

Accreditation is mandatory to access the competition area or the warm-up area. Accreditation Cards will be produced for all registered persons (athletes, coaches, officials, team officials).

All sparring athletes must pick up accreditation prior to official weigh in.

Accreditation Pick Up Times

Wednesday February 12, 2014 - 9:00am - 12:00pm and 2:00pm-6:00pm - Sheraton Hotel

Thursday February 13, 2014 - 9:00am - 3:00pm - Admission Complexe Sportif Claude Robillard)

Friday February 14, 2014 - 9:00am - 3:00pm - Admission Complexe Sportif Claude Robillard

Saturday February 15, 2014 - 9:00am - 3:00pm - Admission Complexe Sportif Claude Robillard

Sunday February 16, 2014 - 7:30am - 12:00pm - Admission Complexe Sportif Claude Robillard

Valid photo ID or a WTF GAL card will be required to pick up accreditation, for Senior, Junior and Cadet Black Belts.

COACHES

Coaches must hold a Kukkiwon Poom or Dan certificate. The dress code for Coaches is appropriate athletic attire/team tracksuit or business attire and closed footwear only. Heels and sandals will not be permitted. Chewing gum and the use of electronic devices such as cell phone, PDA or video cameras will not be permitted in the coaches designated areas. Any coach perceived to be under the influence of alcohol or drugs will not be allowed in the competition area.

REFUNDS

There will be no refunds of registration fees under any circumstance.



TAEKWONDO CANADA

► ELITE BLACK BELT SPARRING & POOMSAE

(Thursday, Friday, Saturday – February 13-15, 2014)

RULES

Sparring and Poomsae. WTF rules will apply.

CATEGORIES

Sparring

Cadet, Junior, Senior – with head contact

Youth – with no head contact

No Head Contact for Youth Category Rationale:

For the safety of the 10 - 11 year old Youth athletes, and in accordance with the *Canadian Sport for Life - Long Term Athlete Development* principles, Taekwondo Canada has decided NOT to include head contact for the Youth categories at this time. Based on a review of the 2013 Canada Open, *Light Head Contact* competition was found to create an even greater risk of concussion to athletes. Full head contact will NOT be offered at this time as there is not enough evidence to support that the inclusion of head contact in competition at this age will significantly contribute to an athletes preparation and long term development.

Cadet and Junior categories will offer both full head and no head contact categories to give athletes, coaches and parents the option to enter an athlete based on their developmental readiness. Full head contact categories are offered for these age groups to align with International Federation (WTF) standards.

Poomsae

Individual: Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65

Pair: Youth, Cadet, Junior, U30, O30

Team: Youth, Cadet, Junior, U30, O30



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SPARRING COMPETITION FORMAT/DRAWS

Draws

Senior Sparring draws will be seeded according to WTF Ranking.

All other draws will be random.

Format – Elite Black Belt Sparring & Poomsae

Sparring:

Youth, Cadet, Junior, Senior: WTF Rules - Single elimination

Poomsae:

Youth, Junior, Senior: WTF Rules

Note: Taekwondo Canada reserves the right to modify the competition format for all divisions.

IVR will be used for Cadet, Junior and Senior divisions only.

SCORING SYSTEM

WTF approved system will be used for all sparring divisions.

WEIGH-IN

Weigh-In for all sparring competitors will be conducted the day prior to their competition day.

Athletes will have to weigh-in during the time allotted the day prior to their competition and will have two chances to make the weight within that time frame. Test scales will be available 2 hours prior to the official weigh-in at both locations.

Weigh-In Times

Wednesday, February 12, 3:00 pm - 6:00 pm – at Sheraton Center Montreal: for all the Thursday divisions

Thursday, February 13, 3:00 pm - 6:00 pm – at Complexe Sportif Claude Robillard: for all the Friday divisions

Friday, February 14, 3:00 pm - 6:00 pm – at Complexe Sportif Claude Robillard: for all the Saturday divisions

*For those who are unable to make the allotted weigh-in times due to an extenuating circumstance, please fill out the following form:

<https://docs.google.com/forms/d/1t8mvzCb9Op3HCebqVnGUCUwA0kd-oVMprcHEgKfT0P8/viewform>



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DOPING CONTROL

Doping control testing, outlined by the World Taekwondo Federation ([here-
http://www.worldtaekwondofederation.net/anti-doping](http://www.worldtaekwondofederation.net/anti-doping)) in accordance with WADA may be conducted. Doping control may be administered by the Canadian Centre for Ethics in Sport (CCES), in accordance with the Canadian Policy on Doping in Sport and Canadian Doping Control Regulations for any of the black belt divisions. Please see www.cces.ca.

For a complete list of banned substances from the world Anti-Doping Agency see: [Prohibited List - World Anti-Doping Agency](#)

Use the Online Global Drug Reference (<http://www.globaldro.com/>) to check on drugs specific to taekwondo.

INSPECTION

Athletes must pass inspection before each match.
Athletes will have 15 minutes to report and pass inspection. NO EXCEPTIONS.
Athletes receiving medical attention are NOT considered checked into inspection.

MANDATORY PROTECTIVE GEAR

The following list of mandatory equipment must be worn by all sparring athletes and must be WTF approved:

- Sensor socks
- Blue and Red head gear
- Shin guards
- Groin protector
- Arm pads
- Gloves
- Mouth guards (clear or white – medical will not approve colour mouth guards)
- Uniform *sparring and poomsae athletes

Please ensure that the sensor socks are purchased prior to the tournament.

All elite black belt sparring athletes must wear the chest protector provided by Taekwondo Canada.

Both athletes in each sparring match must wear the same size chest protector. Junior and Senior divisions will use the sizes set out in the WTF Rules.



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► DIVISIONS

Age Division Name	Number of rounds	Time per round	Rest Time	Level of head contact
Youth Elite BB	3	1.5 minute	45 sec	No head contact
Cadet Elite BB	3	1.5 minute	45 sec	Full head contact
Junior Elite BB	3	2 minutes	60 sec	Full head contact
Senior Elite BB	3	2 minutes	60 sec	Full head contact

Note: The Event Organizers reserve the right to change the time per round and the rest time depending on the number of registrations and in accordance with WTF rules.

► WEIGHT CLASSES for ELITE BB

Youth Divisions (born 2003-2004)	Weight (Male)	Weight (Female)
Fly	< 36kg	< 33kg
Feather	36-42kg	33-39kg
Welter	42-48kg	39-45kg
Middle	48-54kg	45-51kg
Heavy	> 54kg	> 51kg

Cadet Divisions (born 2000-2002)	Weight (Male)	Weight (Female)
Fin	< 33kg	< 29kg
Fly	33-37kg	29-33kg
Bantam	37-41kg	33-37kg
Feather	41-45kg	37-41kg
Light	45-49kg	41-44kg
Welter	49-53kg	44-47kg
Light Middle	53-57kg	47-51kg
Middle	57-61kg	51-55kg
Light Heavy	61-65kg	55-59kg
Heavy	> 65kg	> 59kg



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Junior Divisions (born 1997-1999)	Weight (Male)	Weight (Female)
Fin	< 45kg	< 42kg
Fly	45-48kg	42-44kg
Bantam	48-51kg	44-46kg
Feather	51-55kg	46-49kg
Light	55-59kg	49-52kg
Welter	59-63kg	52-55kg
Light Middle	63-68kg	55-59kg
Middle	68-73kg	59-63kg
Light Heavy	73-78kg	63-68kg
Heavy	> 78kg	>68kg

Senior Divisions (born 1997 +)	Weight (Male)	Weight (Female)
Fin	< 54kg	< 46kg
Fly	54-58kg	46-49kg
Bantam	58-63kg	49-53kg
Feather	63-68kg	53-57kg
Light	68-74kg	57-62kg
Welter	74-80kg	62-67kg
Middle	80-87kg	67-73kg
Heavy	> 87kg	> 73kg



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► COLOUR BELTS & RECREATIONAL BLACK BELTS

(Sunday, February 16, 2014)

RULES

Sparring and Poomsae. WTF rules will apply.

CATEGORIES

Sparring *No Head Contact (all colour belt and recreational black belt)

U5, U7, U9, Youth (all BB are on Friday), Cadet, Junior, U30, U40, U50

Poomsae

All Divisions: U5, U7, U9.

Colour Belts: Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65

*Categories may be combined or adjusted based on registration

SPARRING COMPETITION FORMAT/DRAWS

All divisions will be single elimination format.

SCORING SYSTEM

Judges Trigger Scoring System (ASL) (non PSS) will be used for all sparring divisions.

WEIGH-IN

All competitors will be required to enter their actual weight when registering.

Weigh-In Times

A weigh in validation will be conducted Sunday February 16, 2014 when the division will be called to inspection. .

A more specific schedule will follow.



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INSPECTION

Athletes must pass inspection before each match.
Athletes will have 15 minutes to report and pass inspection. NO EXCEPTIONS.
Athletes receiving medical attention are NOT considered checked into inspection.

MANDATORY PROTECTIVE GEAR

The following list of mandatory equipment must be worn by all sparring athletes and does not have to be WTF approved:

- Blue, red or white head gear
- Shin guards
- Foot pads or sensor socks
- Chest protector
- Groin protector
- Arm pads
- Gloves
- Mouth guards (clear or white – medical will not approve colour mouth guards)
- Uniform *sparring and poomsae athletes.

CONSOLIDATION

Consolidation consists of upgrading an athlete to a higher belt or weight division when no opponent can be found for him/her.

► DIVISIONS

Age Division Name	Number of rounds	Time per round	Rest Time	Level of head contact
U5	2	1 minute	30 sec	No head contact
U7	2	1 minute	30 sec	No head contact
U9	2	1 minute	30 sec	No head contact
Youth White-Blue	2	1 minute	30 sec	No head contact
Youth Red	2	1.5 minute	45 sec	No head contact



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Cadet White-Blue	2	1 minute	30 sec	No head contact
Cadet Red	2	1.5 minute	45 sec	No head contact
Cadet Recreational BB	3	1.5 minute	45 sec	No head contact
Junior White-Blue	2	1 minute	30 sec	No head contact
Junior Red	2	1.5 minute	45 sec	No head contact
Junior Recreational BB	3	1.5 minute	45 sec	No head contact
U30 White-Blue	2	1 minute	30 sec	No head contact
U30 Red	2	1.5 minute	45 sec	No head contact
U40 White-Blue	2	1 minute	30 sec	No head contact
U40 Red	2	1.5 minute	45 sec	No head contact
U40 Recreational BB	2	1.5 minute	45 sec	No head contact
U50 White-Blue	2	1 minute	30 sec	No head contact
U50 Red	2	1.5 minute	45 sec	No head contact
U50 Recreational BB	2	1.5 minute	45 sec	No head contact

Note: The organizers reserve the right to change the number of rounds, time per round and rest time depending on the number of registrations and in accordance with WTF rules.

► WEIGHT CLASSES for RECREATIONAL BB

Cadet Divisions (born 2000-2002)	Weight (Male)	Weight (Female)
Fin	< 33kg	< 29kg
Fly	33-37kg	29-33kg
Bantam	37-41kg	33-37kg
Feather	41-45kg	37-41kg
Light	45-49kg	41-44kg
Welter	49-53kg	44-47kg



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Light Middle	53-57kg	47-51kg
Middle	57-61kg	51-55kg
Light Heavy	61-65kg	55-59kg
Heavy	> 65kg	> 59kg

Junior Divisions (born 1997-1999)	Weight (Male)	Weight (Female)
Fin	< 45kg	< 42kg
Fly	45-48kg	42-44kg
Bantam	48-51kg	44-46kg
Feather	51-55kg	46-49kg
Light	55-59kg	49-52kg
Welter	59-63kg	52-55kg
Light Middle	63-68kg	55-59kg
Middle	68-73kg	59-63kg
Light Heavy	73-78kg	63-68kg
Heavy	> 78kg	>68kg



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► PARA/AWAD

- Senior Red Stripe - Black Belt Para Sparring Friday February 14, 2014
- All other divisions Para Sparring and AWAD Poomsae Sunday February 16, 2014

RULES

Sparring and Poomsae. WTF rules will apply.

DEFINITIONS

Para –_WTF classification will be used as per the Standing Procedure for Para Championships:

The four (4) classifications can be combined into two (2) classifications as below:

CLASSIFICATION A5-6: Amputation above Elbow(s)

A5: Amputation of both limbs above the elbows

A6: Amputation of one limb above the elbow

CLASSIFICATION A7-8: Amputation below Elbow(s)

A7: Amputation of both limbs below the elbows

A8: Amputation of one limb below the elbow

2. The referee can decide the winner by RSC (Referee Stop Contest) in case of significant difference in technical skills between two athletes.

*Divisions may be adjusted to contestants

AWAD – Athletes with a Disability

At Registration please identify and provide details regarding athletes disability.

Athletes with any disability or as listed below:

- Deaf
- Blind
- Cerebral Palsy
- Intellectual Disability

*Divisions may be adjusted based on participation



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CATEGORIES

Friday February 14, 2014

Para Sparring: WTF Rules – No Head Contact

Senior Red Stripe-Black Belt

Sunday February 16, 2014

Para Sparring: No Head Contact

colour belts & BB: U5, U7, U9, Youth, Cadet, Junior

colour belts: senior

AWAD Poomsae

U5, U7, U9, Youth, Cadet, Junior & Senior

SPARRING COMPETITION FORMAT/DRAWS

Draws

Draws will be random

Format

Single elimination

Note: Taekwondo Canada reserves the right to modify the competition format for all divisions.

IVR will be used only for the Senior red stripe – black belt divisions on Friday February 14, 2013

SCORING SYSTEM

Senior red stripe – black belt divisions: WTF approved system will be used for all sparring divisions.

All other divisions: Judges Trigger Scoring System (ASL) (non PSS) will be used for all sparring divisions.



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WEIGH-IN

Weigh-In for all sparring competitors will be the day prior to their competition day

Athletes will have to weigh-in during the time allotted the day prior to their competition and will have two chances to make the weight within that time frame. Test scales will be available 2 hours prior to the official weigh-in at both locations

Weigh-In Times

Thursday, February 13, 3:00pm-6:00pm – at Complexe Sportif Claude Robillard: for all the Friday divisions

For colour belt divisions on Sunday - a weigh in validation will be conducted Sunday February 16, 2014 when the division is called to inspection.

A more specific schedule will follow.

*For those who are unable to make the allotted weigh-in times due to an extenuating circumstance, please fill out the following form:

<https://docs.google.com/forms/d/1t8mvzCb9Op3HCebgVnGUCUwA0kd-oVMprcHEgKfT0P8/viewform>

DOPING CONTROL

Doping control testing, outlined by the World Taekwondo Federation ([here-http://www.worldtaekwondofederation.net/anti-doping](http://www.worldtaekwondofederation.net/anti-doping)) in accordance with WADA may be conducted. Doping control may be administered by the Canadian Centre for Ethics in Sport (CCES), in accordance with the Canadian Policy on Doping in Sport and Canadian Doping Control Regulations for any of the black belt divisions. Please see www.cces.ca.

For a complete list of banned substances from the world Anti-Doping Agency see: [Prohibited List - World Anti-Doping Agency](#)

Use the Online Global Drug Reference (<http://www.globaldro.com/>) to check on drugs specific to taekwondo.

INSPECTION

Athletes must pass inspection before each match and inspection sheets are used to confirm proper inspection.

Athletes will have 15 minutes to report and pass inspection. NO EXCEPTIONS.

Athletes receiving medical attention are NOT considered checked into inspection.



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MANDATORY PROTECTIVE GEAR for SENIOR red stripe–black belt athletes

The following list of mandatory equipment must be worn and must be WTF approved:

- Blue and Red head gear
- Sensor socks
- Shin guards
- Groin protector
- Arm pads
- Gloves
- Mouth guards (clear or white – medical will not approve colour mouth guards)
- Uniform *sparring and poomsae athletes

Please ensure that sensor socks are purchased prior to the tournament.

All red stripe/black belt para sparring athletes must wear the chest protector provided by Taekwondo Canada

Both athletes in each sparring match must wear the same size chest protector.

MANDATORY PROTECTIVE GEAR for all OTHER DIVISIONS of para sparring athletes

The following list of mandatory equipment must be worn by all para sparring athletes and do not have to be WTF approved:

- Blue and Red head gear
- Foot pads or sensor socks Shin guards
- Groin protector
- Arm pads
- Gloves
- Mouth guards (clear or white – medical will not approve colour mouth guards)
- Uniform *sparring and poomsae athletes



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► DIVISIONS

Age Division Name	Number of rounds	Time per round	Rest Time	Level of head contact
Colour Belts – all ages	2	1 minute	60 sec	No head contact
Red stripe/ Black Belt – U5, U7, U9, Youth, Cadet, Junior	2	1 minute	60 sec	No head contact
Red stripe/ Black Belt – Senior	3	1 minute	60 sec	No head contact

Note: The Event Organizers reserve the right to change the time per round and the rest time depending on the number of registrations and in accordance with WTF rules.

► WEIGHT CLASSES

Para Senior Divisions (born 1997 +)	Para Senior Divisions (born 1997 +)
Red Stripe – Black Belt	
Senior Men Sparring (-58kg)	Senior Women Sparring (-49kg)
Senior Men Sparring (58-68kg)	Senior Women Sparring (49-57kg)
Senior Men Sparring (68-80kg)	Senior Women Sparring (57-67kg)
Senior Men Sparring (> 80kg)	Senior Women Sparring (> 67kg)



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► COMPETITION SCHEDULE

Thursday, February 13 (Elite Black Belt)	Friday, February 14 (Elite Black Belt & Senior Para Red belts/Elite BB)	Saturday, February 15 (Elite Black Belt)	Sunday, February 16 (Colour Belt and Recreational BB - Para Sparring)
<p><u>Sparring:</u></p> <p>Senior Women All Elite BB divisions</p> <p>Junior Boys All Elite BB divisions</p>	<p><u>Sparring:</u></p> <p>Junior Girls All Elite BB divisions</p> <p>Senior Men Elite BB divisions</p> <ul style="list-style-type: none"> ❖ Fin ❖ Fly ❖ Middle ❖ Heavy <p><u>Para Sparring:</u></p> <p>Senior Men & Women Red Belt-Black Belt Divisions</p> <p><u>Poomsae</u></p> <p>Individual BB: Youth/Cadet/Junior/ U30/U40/U50/U60/ U65/O65</p> <p>Team & Pair: Youth, Cadet, Junior, U30, O30</p> <p><u>Opening Ceremonies:</u></p> <p>4:00pm</p>	<p><u>Sparring:</u></p> <p>Senior Men Elite BB divisions</p> <ul style="list-style-type: none"> ❖ Bantam ❖ Feather ❖ Light ❖ Welter <p>Cadet Boys and Girls All Elite BB Divisions</p> <p>Youth Boys and Girls All Elite BB Divisions</p>	<p><u>Sparring:</u></p> <p>U5/U7/U9/Youth (only colour belts)/ Cadet/Junior/ U30/U40/U50</p> <p><u>Para Sparring:</u></p> <p>All divisions: U5/U7/U9/Youth/ Cadet/Junior.</p> <p><u>Poomsae</u></p> <p><i>All divisions:</i> U5/U7/U9/ Colour belt only Youth/Cadet/Junior/ U30/U40/U50/U60/ U65/O65</p> <p><u>AWAD Poomsae:</u></p> <p>U5/U7/U9/Youth/ Cadet/Junior/Senior</p>



TAEKWONDO CANADA

► DIRECTIONS TO THE OFFICIAL HOTEL

From East

- Take Highway 20 West to Montreal.
- Follow the directions for Champlain Bridge.
- Keep right on the bridge.
- Take exit Highway 10 West.
- Proceed to Rene-Levesque Boulevard and turn left.
- Continue 5 blocks and turn right onto Drummond Street to enter the hotel carport.

From South

- Take Highway 87 North, which becomes Highway 15 North.
- Follow the directions for Champlain Bridge.
- Keep right on the bridge.
- Exit Highway 10 West.
- Proceed to Rene-Levesque Boulevard and turn left.
- Drive 5 blocks and turn right on Drummond Street to enter the hotel carport.

From Pierre Elliot Trudeau International Airport (West)

- Take Highway 20 East and exit at Highway 720 East.
- From Highway 720 East, exit at Guy Street.
- At the first traffic light, turn right onto Rene-Levesque Boulevard.
- Proceed 7 blocks and turn left to Drummond Street.
- Turn right to enter the hotel carport.

From North

- Take Highway 15 South and exit at Highway 720 East.
- From Highway 720, exit at Guy Street.
- At the first traffic light, turn right onto Rene-Levesque Boulevard.
- Proceed 7 blocks and turn left onto Drummond Street
- Then turn right to enter the hotel carport.

747 Airport Shuttle

Pierre Elliot Trudeau International Airport (YUL) -

Travel time between the destinations is approximately 20 to 40 minutes to, depending on the traffic. The Sheraton Center Montreal is at Stop #3.

Cost for one-way trip: CAD \$9

For more information:



TAEKWONDO CANADA

- link: <http://www.stm.info/en/info/networks/bus/shuttle/more-about-747-aeroport-p-e-trudeau-centre-ville-shuttle>

General Information

STM-INFO + option 4 + option 3

514 786-4636 + 4 + 3

Monday to Friday: 8 a.m. to 6 p.m.

Trip Planning

STM-INFO + option 7

514 786-4636 + 7

Monday to Friday: 7 a.m. to 8:30 p.m.

Saturday, Sunday and Legal Holidays: 8:30 a.m. to 4:30 p.m.



TAEKWONDO CANADA

► ACCOMMODATIONS – SHERATON CENTER MONTREAL

Per the **Participant Agreement**, all participants of the 2014 Canada Open are required to stay at the official host hotel of the 2014 Canada Open in order to register as a participant unless they are a local resident of the host city or if they have received an exemption from the Event Organizers.

Stay to Save Rationale

Building the taekwondo community under one roof

Staying at the Sheraton Center Montreal as a group facilitates the opportunity for participants to meet, interact and build relationships with Canadian and international taekwondo community members. Taekwondo Canada wants to create a memorable experience through building a sense of community under one roof.

Lowered costs

It is estimated that participants will pay \$100 more if rooms are booked outside the group rate. Registration fees for this event were significantly lowered due to this negotiation with the Sheraton Center Montreal. Note the price for a triple and quad occupation is the same.

A bright future

The price-point negotiated with the Sheraton Center Montreal is intended to benefit participants of today and of the future. The price will remain in that range for the next quadrennial, despite inflation and inevitable rising costs. Furthermore, as a non-profit organization, profits generated at this event are guaranteed to be invested back into the taekwondo community through national programs, services and national team support. This event hosting model will benefit the Canadian taekwondo community as a whole.

Exemptions

Taekwondo Canada will accept applications for exemption. The exemption application form is available at the following link: https://docs.google.com/forms/d/1u5Vv9mWXh1vrhQoxV-nPiPfGPAR_Mo8oTA6k-TQCCaA/viewform

The host hotel for the 2014 Canada Open is the **Sheraton Center Montreal** located at 1201 Blvd. René-Lévesque, Montreal QC, Canada, H3B 2L7.



TAEKWONDO CANADA

The following rates are in effect until January 20, 2014, subject to availability:

RATES: Guest Room Type	Single Rate	Double Rate	Triple Rate	Quad Rate
Traditional Double Guest Rooms	\$159.00	\$159.00	\$189.00	\$189.00

For reservations:

1. Reservations can be made by clicking [TAEKWONDO CANADA - 2014 CANADA OPEN](#)
2. Contact the Sheraton Centre directly at 1-888-627-7102 and reference Taekwondo Canada's 2014 Canada Open event OR;
3. Contact directly our Conference Service Manager Sonia Monistero at Sonia.Monistero@sheraton.com or call direct at 514-878-2060

Note: When making your reservation online, please enter the names of all guests staying in each room in the "Special Request" field.



TAEKWONDO CANADA

► PARTNERS

Taekwondo Canada would like to thank the following organizations and companies for their support with the 2014 Canada Open.

The World Taekwondo Federation



The Pan American Taekwondo Union



Tourism Montreal



The Sheraton Centre Montreal



Quebec Taekwondo Federation



Flight Centre



Ministère de l'Éducation du Loisir et City of Montreal du sport (MELS)

Éducation,
Loisir et Sport

