



Canada



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CANADA OPEN



TAEKWONDO CANADA

INFORMATION PACKAGE POOMSAE



**MONTRÉAL, QC
FEBRUARY 7-9**

2025



- GENERAL INFORMATION -

SANCTIONING

World Taekwondo

10th Floor, Booyoung Taepyeong Building
55, Sejong-daero, Jung-gu, Seoul
Republic of Korea 04513

World Ranking

G2 Ranked Event

Pan American Taekwondo Union

General Guadalupe Victoria 214, Zona Centro, 20000
Aguascalientes, Mexico

ORGANIZER

Taekwondo Canada

2451 Riverside Drive
Ottawa, Ontario
Canada
K1H 7X7

Contact:

events@taekwondo-canada.com

VENUE & DATES

Palais des congrès de Montréal

159 St. Antoine Street West, 9th floor
Montréal, Québec
Canada
H2Z 1H2

February 7, 2025

- EVENTS -

POOMSAE - RECOGNIZED

MALE DIVISIONS <i>(Individual)</i>	FEMALE DIVISIONS <i>(Individual)</i>	PAIRS <i>(1 male & 1 female)</i>	TEAMS <i>(3 athletes of same sex)</i>
Cadet	Cadet	Cadet	Cadet Male Team
Junior	Junior	Junior	Cadet Female Team
U30	U30	U30	Junior Male Team
U40	U40	U50	Junior Female Team
U50	U50	U60	U30 Male Team
U60	U60	O60	U30 Female Team
U65	U65		U50 Male Team
O65	O65		U50 Female Team
			U60 Male Team
			U60 Female Team
			O60 Male Team
			O60 Female Team

- Designated Compulsory Poomsae for each division as outlined in the [World Taekwondo Poomsae Competition Rules & Interpretation](#)



POOMSAE - FREESTYLE

MALE DIVISIONS (Individual)	FEMALE DIVISIONS (Individual)	PAIRS (1 male & 1 female)	TEAMS (5 members including a minimum of 2 males and 2 females)
U17	U17	U17	U17
O17	O17	O17	O17

- Music must be provided on a USB at the Technical Meeting
 - Music must not contain lyrics or any political, social, or religious contents that may harm, discriminate or offend others

- CONTESTANTS -

WORLD TAEKWONDO (WT) GLOBAL LICENSE

- A World Taekwondo Global Licence is required by all athletes, coaches and officials participating in Canada Open 2025. World Taekwondo Global License registrations & renewals can only be made through the WT recognized Member National Associations and applications should be made at least **2 months before the tournament starts** to ensure the WT Global License can be processed and approved in time. The WT Global License must be valid for 2025 or renewed to be used for 2025.
- The WT Global license is the responsibility of all participants (athletes, coaches and officials) participating at Canada Open 2025 and must be registered and approved through their respective WT Member National Association.
- **There will be NO World Taekwondo Global Licenses registration onsite**

ATHLETE ELIGIBILITY

- Must have a Kukkiwon Dan or Poom certificate
- Must have a valid 2025 World Taekwondo Global License with event pass
- Must be a member of the team/club of a pertinent Member National Association (MNA), recognized by World Taekwondo
- Age Requirements:

RECOGNIZED INDIVIDUAL	RECOGNIZED PAIRS/TEAMS	FREESTYLE
Cadet - Born in 2011-2013	Cadet - Born in 2011-2013	U17 - Born 2008-2013
Junior - Born in 2008-2010	Junior - Born in 2008-2010	O17 - Born 2007 or earlier
U30 - Born 1995-2007	U30 - Born 1995-2007	
U40 - Born 1985-1994	U50 - Born 1975-1994	
U50 - Born 1975-1984	U60 - Born 1965-1974	
U60 - Born 1965-1974	O60 - 1964 and earlier	
U65 - Born 1960-1964		
O30 - Born 1994 and earlier		
O65 - Born 1959 and earlier		

COACH ELIGIBILITY

- Must have a valid 2025 World Taekwondo Global License with event pass
- Beginning January 1, 2025 all Poomsae Coaches participating in WT recognized tournaments must hold a WT Poomsae Coach Certification. The online course will be offered through [Simply Compete](#) in the [Courses section](#). Coaches can register online through their Simply Compete profile.**



- Any coach that cannot provide proof of a WT coach certification will not be allowed to coach at this event

Coach Dress Code and Regulations

- Athletic attire/team tracksuit or business attire
- Jeans and doboks are not permitted
- Closed footwear only; no heels or sandals
- No chewing gum or use of electronic devices, such as cell phones, PDA or video cameras
- Coaches perceived to be under the influence of alcohol/drugs will not be allowed in the competition area
- All coaches are required to wear a sport coat for the semi-final and final rounds
- Any type of cap/hat is not allowed

- COMPETITION & RULES -

POOMSAE COMPETITION

Competition Rules

- The latest published [World Taekwondo Poomsae Competition Rules & Interpretation](#) shall be applied
- Athletes may compete in a maximum of two events per WT Competition Rules (in recognized poomsae and/or freestyle poomsae)
- The WT Technical Delegate has the authority to adjust the contest time as they see fit
- Draws/Brackets will be confirmed and published based on the positive check-in of all participants - See [Accreditation Pick Up Section](#) for information on Positive Check-In

Seeding

- World Taekwondo Poomsae World Ranking Bylaw will be applied
- Seeding will be done for Recognized Under 30, Recognized Under 40, and Over 17 Freestyle divisions
- All other poomsae divisions will not be seeded

Draws & Brackets

- Poomsae Draws and brackets will be completed at the Technical Meeting and posted on the following platforms afterwards:
 - Website: taekwondo-canada.com/events/canada-open
 - Facebook: facebook.com/Taekwondo.Canada

Technical Meeting

- The Technical Meeting will take place on February 6th, 2025 at the host hotel

Uniform & Equipment

- **Scoring System:** KPNP
- **Uniform:** Athletes are required to wear a World Taekwondo recognized poomsae uniform.
- A list of recognized brands can be accessed at worldtaekwondo.org/wtpartners-wt/recognize.html
- **Mats:** World Taekwondo recognized mats will be used for this event

WILD CARDS & AWARDS

- Awards will be presented after the conclusion of the poomsae event
- Full results will be posted on the [Taekwondo Canada website](#) after each day of competition



Wild Cards

- The Gold Medalists from all Cadet and Junior categories will be granted a Wild Card to the Junior and Cadet Pan American Championship, scheduled for April 3-6, 2025

Individual Awards

- Medals will be awarded to the top four athletes in each event
 - 1st Place: Gold Medal
 - 2nd Place: Silver Medal
 - 3rd Place: Bronze Medal
 - 3rd Place: Bronze Medal

Team Awards

- Team awards will be given out to the top three (3) countries based on medalists
- The following point break down will be used to determine the Team Awards:
 - 1st Place: 7 points
 - 2nd Place: 3 points
 - 3rd Place: 1 point
 - 3rd Place: 1 point

Special Awards

- Best Male and Best Female Poomsae Team Coach
- Best Male and Best Female Poomsae International Referee
- Best Male and Best Female athlete in the Senior Poomsae Division

- REGISTRATION & ACCREDITATION -

ONLINE REGISTRATION

- Individual and/or team registration must be completed online at worldtkd.simplycompete.com
- Event registration is only possible with a valid 2025 World Taekwondo Global License
- **Registrations onsite will not be accepted**
- Contestants may compete in a maximum of two events per WT Competition Rules (in recognized poomsae and/or freestyle poomsae)

TIMELINES & FEES

All registration deadlines are in Eastern Time

	TIMELINE	ATHLETES	COACHES	CHANGES TO EVENT
REGULAR REGISTRATION	Before January 17, 2025	\$155 USD <i>Per individual for 1 event</i> \$205 USD <i>Per individual for 2 events</i>	\$100 USD	Contact events@taekwondo-canada.com
LATE REGISTRATION	January 18, 2025 to January 24, 2025 at 17:00 ET	\$175 USD <i>Per individual for 1 event</i> \$225 USD <i>Per individual for 2 events</i>	\$100 USD	Contact events@taekwondo-canada.com
ONSITE	<u>NO REGISTRATIONS WILL BE ACCEPTED ONSITE</u>			\$50 USD <i>for each change</i>



PAYMENT

ALL ENTRY FEES SHALL BE PAID IN ADVANCE TO TAEKWONDO CANADA THROUGH SIMPLY COMPLETE DURING REGISTRATION

PAYMENT FOR REGISTRATION WILL NOT BE ACCEPTED ON SITE.

- **Payments must be made IN FULL** prior to the respective deadline to secure the corresponding rate
- Fees for event changes after registration deadline shall be collected at the accreditation desk
- There will be **NO REFUNDS** for this event
- If a wire transfer needs to be done directly to Taekwondo Canada due to national policies of MNA, please refer to the following information:

Name on account:	Taekwondo Canada
Name of bank:	Bank of Montreal
Bank address:	250 Greenbank Road, Ottawa, Ontario, K2H 8X4
Account number:	4604-940
Transit number:	2999
Institution number:	001
Swift code:	BOFMCAT2XXX

SUBMIT A COPY OF YOUR WIRE TRANSFER PAYMENT TO: EVENTS@TAEKWONDO-CANADA.COM

ACCREDITATION PICK UP

- Printed accreditations will be produced for all registered persons
- Registered persons must pick up their printed accreditations onsite at the designated times and locations outlined below
- Participants may be asked for photo identification at accreditation pick up (ie. passport)
- ****All poomsae athletes must complete positive check-in by picking up their accreditations on February 6th before 16:00 ET****
 - Athletes that fail to pick up their accreditations may not be included in the Poomsae Draws/Brackets

Location

Palais des Congrès

159 St. Antoine Street West, 9th floor
Montréal, Québec
Canada
H2Z 1H2

Date and Time

February 6, 2025: 9:00 to 16:00
Coaches only - February 7, 2025: 8:30 to 15:30 (at admission)

ACCESS TO COMPETITION AREA

- Accreditation is mandatory to access the competition area or the warm-up area.
- By accepting and/or downloading, all accredited persons agree to comply with the Field of Play regulations applicable at Taekwondo events
- Only athletes and their coaches will have admittance with valid accreditations to the contest areas

ENTRY VISA INFORMATION

The visa invitation letter for each registered individual will be automatically generated from WT GMS platform if the visa is requested during the registration for the event. All members who need an entry visa to Canada must be registered for the event in GMS. You must then use this letter to apply for you or your team member's visa.



If you need assistance with a Visa letter, please contact events@taekwondo-canada.com.

Visa Information

- Participants are required to check Canada’s entry visa application waiting times in their own countries and submit requests for recommendation letters through the online form if applicable
- The Organizing Committee cannot guarantee entry into Canada and can only offer assistance
- It is the responsibility of each participant to apply for and secure the correct entry visa for Canada if required
 - The visa application process should be started at least one week before the waiting time deadline in the participant’s home country

- MEDICAL CONTROL -

EVENT MEDICAL SUPPORT

- Athletic Therapists will be onsite (ringside and in the designated medical area) to provide injury and illness care for all participants

ANTI-DOPING

- The WT Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions
- Compulsory anti-doping tests will be carried out for selected medalists, while random tests will be conducted to the rest of the athletes
- The WT and/or WADA may carry out random out of competition testing prior to this event

Therapeutic Use Exemption (TUE)

- TUE Athletes who take any substance or medicine listed in the “Prohibited List” of the WT Anti-Doping Rules and Anti-Doping Code of World Anti-Doping Agency (WADA) for therapeutic purposes are requested to submit TUE applications via ADAMS, together with the required medical information. If you do not have an ADAMS account yet, please contact tue@ita.sport to have it set up.
- Otherwise, please download the TUE Application Form at [International Testing Agency - Therapeutic Use Exemption \(TUE\) Application Form - International Testing Agency \(ita.sport\)](#) and once duly completed and signed, send it together with the required medical file to tue@ita.sport with copy to antidoping@worldtaekwondo.org by at least 30 days before the first competition day. For more details, please see the following page of the WT website: worldtaekwondo.org/anti_doping-wt/therapeutic.html

MOUTHGUARDS, TAPING & BRACING

- The latest published [World Taekwondo Mouth guard, Taping and Bracing rules](#) will be applied

MEDICAL INSURANCE

- It is mandatory for all participating athletes, coaches and team officials to have medical insurance that covers medical care and in case of emergency, repatriation to their home country
- All relevant documents proving that such an insurance is present, including insurance policy papers, should be taken to the event in case a medical situation occurs



- ADMISSION -

SPECTATOR TICKETS

Ticket Type	Price
Single Day - Adult	\$20.00 CAD
Single Day - Child (Ages 5-12)	\$10.00 CAD
Single Day - Senior (Ages 65+)	\$10.00 CAD
Event Pass - Adult	\$50.00 CAD
Event Pass - Child (Ages 5-12)	\$20.00 CAD
Event Pass - Senior (Ages 65+)	\$20.00 CAD

- Wristbands will be given as a spectator’s pass and must be worn at all times
- Children aged 4 and under are free
- Payment for spectator tickets can be made onsite at the admission desk

LIVESTREAM

- Competition live stream can be accessed through the Taekwondo Canada YouTube Channel

- MEDIA & PRESS -

MEDIA ACCREDITATION

- Registered media and press officials or official photographers are entitled to receive a media and press accreditation card
 - For more information, contact Taekwondo Canada at ed@taekwondo-canada.com
- By accepting a media and press accreditation, the accredited person agrees to follow the instructions of Taekwondo Canada at all times

- FLIGHTS, ACCOMMODATION & TRANSPORTATION -

FLIGHTS

Air Canada is pleased to offer discounts on flights from any city of its international network to (YUL) through its Meetings and Events program. To take advantage of this discount, please use the following promotional code **TNK36QK1** before you start your flight search at www.aircanada.com.

- 10% discount on standard Economy Class fares and lower Premium Economy and Business Class fares
- 15% discount on Flex fares and higher fares in Economy Class, Premium Economy Class and Business Class

Travel dates must be between January 28th, 2025 and February 16th, 2025.

ACCOMMODATION

**Event room rates are based on hotel availability*

All accredited individuals participating at the event are strongly recommended to book their accommodations at the event hotels through the Organizing Committee using the information below:



Intercontinental Montréal (Host Hotel)

- **Address:** 360, rue Saint-Antoine Ouest, Montréal, Québec, H2Y 3X4
 - **Website:** <https://www.ihg.com/intercontinental/hotels/us/en/montreal/yulhb/hoteldetail>
 - **Contact Information:**
 - (514) 987-9900 or toll free from Canada and U.S.A.: 1-877-660-8550,
 - Email: reservationsgroupes-yulhb@ihg.com
- ** BOOK YOUR ROOMS BEFORE JANUARY 10TH, 2025 TO SECURE THE EVENT ROOM RATE ****
- **Booking Link:** <https://book.passkey.com/go/TaekwondoCanada2025>
 - **Reservation ID:** Please quote "2025 Canada Open" to the Reservations Agent
 - **Room Rate:** \$185.00 CAD + taxes

Westin Montréal

- **Address:** 270, Saint-Antoine Ouest, Montréal, Québec, H2Y 0A3
 - **Website:** <https://www.marriott.com/en-us/hotels/yulle-le-westin-montreal/>
- ** BOOK YOUR ROOMS BEFORE JANUARY 2ND, 2025 TO SECURE THE EVENT ROOM RATE ****
- **Booking Link:** <https://link.edgepilot.com/s/2a129237/2tTDYmnyFUCxFxX2oR-LSw?u=https://www.marriott.com/event-reservations/reservation-link.mi?id=1732286362296%26key=GRP%26guestreslink2=true>
 - **Room Rate:** \$209.00 CAD + taxes

Holiday Inn Montréal Downtown Convention Center

- **Address:** 999 Saint-Urbain Street, Montréal, Québec, H2Z 0B4
 - **Website:** <https://www.ihg.com/holidayinn/hotels/us/en/montreal/yulca/hoteldetail>
 - **Contact Information:**
 - 514-878-9888 or toll free from Canada and U.S.A.: 1-888-878-9888,
 - Email: reservations@hicvmtl.com
- ** BOOK YOUR ROOMS BEFORE JANUARY 20TH, 2025 TO SECURE THE EVENT ROOM RATE ****
- **Booking Link:** <https://www.holidayinn.com/redirect?path=rates&brandCode=HI&localeCode=en®ionCode=1&hotelCode=YULCA&checkInDate=04&checkInMonthYear=012025&checkOutDate=09&checkOutMonthYear=012025&PMID=99801505&GPC=TKC&cn=no&viewfullsite=true>
 - **Room Rate:** \$179.00 CAD + taxes

DoubleTree by Hilton Montréal

- **Address:** 1255 Jeanne Mance Street, Montréal, Québec, H5B 1E5
 - **Website:** <https://www.hilton.com/en/hotels/ymqtdtd-doubletree-montreal/>
- ** BOOK YOUR ROOMS BEFORE JANUARY 20TH, 2025 TO SECURE THE EVENT ROOM RATE ****
- **Booking Link:**
 - Feb 4-6, 2025: <https://group.doubletree.com/4333f0>
 - Feb 7-9, 2025: <https://group.doubletree.com/2dszgv>
 - **Room Rate:** \$185.00 CAD + taxes



Hotel Bonaventure Montréal

- **Address:** 900, de La Gauchetière West Street, Montréal, Québec, H5A 1E4
- **Website:** <https://hotelbonaventure.com/en/>
- **Contact Information:**
 - +1 514-878-2332

**** BOOK YOUR ROOMS BEFORE JANUARY 20th, 2025 TO SECURE THE EVENT ROOM RATE ****

- **Booking Link:** <https://reservations.travelclick.com/97993?groupID=4606464>
- **Room Rate:** \$229.00 CAD + taxes

Hotel Monville

- **Address:** 1041 rue de bleury, Montréal, Québec, H2Z1M7
- **Website:** <https://www.hotelmonville.com/en/>
- **Contact Information:**
 - +1 (514) 379-2005
 - Email: reservations@hotelmonville.com

**** BOOK YOUR ROOMS BEFORE JANUARY 20th, 2025 TO SECURE THE EVENT ROOM RATE ****

- **Booking Link:** <https://be.synxis.com/?Hotel=71783&Chain=10237&Dest=YULAA&config=YULHM&theme=YULHM&locale=fr-FR&arrive=2025-02-05&depart=2025-02-06&adult=1&child=0&group=TKWONDO225>
- **Reservation ID:** TKWONDO225
- **Room Rate:** \$199.00 CAD + taxes

TRANSPORTATION

- Transportation is the sole responsibility of participants
- Note: The venue, Intercontinental Montréal and Westin Montréal are connected via an indoor tunnel

- SAFE SPORT -

If you are a victim or witness of harassment, abuse or discrimination in sport, contact the free, anonymous and confidential Abuse-Free Sport Helpline to report and/or be referred to the appropriate resources:

- Call or text: 1-888-837-7678
- info@abuse-free-sport.ca

The Abuse-Free Sport Helpline is not a crisis line. For all urgent situations requiring immediate intervention, contact 911.



- SCHEDULE -

EVENT SCHEDULE

****Times and locations are subject to change****

DATE	TIME (ET)	EVENT	LOCATION
February 6, 2025	9:00 - 16:00	Accreditation Pick Up	Palais des congrès de Montréal
	17:00	Technical Meeting for Poomsae and Kyorugi	Intercontinental Montréal
February 7, 2025	8:30 - 15:30	Accreditation Pick Up (Kyorugi & Coaches only) & Admission	Palais des congrès de Montréal
	9:00	Poomsae Competition	Palais des congrès de Montréal
	10:00 - 12:00	General Weigh-In for Cadet and Junior Kyorugi divisions	Palais des congrès de Montréal
	16:00	Publication of Cadet and Junior Kyorugi draw sheets	
February 8, 2025	6:30	Publication of Random Weigh-In for Junior Kyorugi divisions	
	8:00	Random Weigh-In for Junior Kyorugi divisions	Palais des congrès de Montréal
	8:30 - 15:30	Accreditation Pick Up (Kyorugi & Coaches only) & Admission	Palais des congrès de Montréal
	9:00	Cadet and Junior Kyorugi Competition	Palais des congrès de Montréal
	10:00 - 12:00	General Weigh-In for Senior Kyorugi divisions	Palais des congrès de Montréal
	16:00	Publication of Senior Kyorugi draw sheets	
February 9, 2025	6:30	Publication of Random Weigh-In for Senior Kyorugi divisions	
	8:00	Random Weigh-In for Senior divisions	Palais des congrès de Montréal
	8:30 - 15:30	Admission	Palais des congrès de Montréal
	9:00	Senior Kyorugi Competition	Palais des congrès de Montréal



- MEDIA RELEASE -

I hereby agree to be filmed, videotaped and photographed, and to have my name, image, picture, likeness, voice and biographical information otherwise recorded, in any media, by Taekwondo Canada (TC) and its official photographers and video crews, and by any other entity authorized by Taekwondo Canada (the "Footage"). I hereby grant Taekwondo Canada and its assigns the irrevocable, perpetual, fully paid up, worldwide right and license to use, and to authorize third parties to use, in all media, the Footage for: (1) news and information purposes, (2) promotion of me and the specific competition(s) in which I compete, (3) promotion of Taekwondo Canada Teams, and (4) promotion of Taekwondo Canada without the need to seek any further consent from me.

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