



2009 JUNIOR NATIONALS
May 17-18
QUEBEC CITY, QUEBEC

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.

*****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: info@wtfcanada.com

Competition Location: **Service des Activités Sportives - PEPS**
Université Laval
2300, rue de la Terrasse
Quebec City, QC
Canada G1V 0A6

http://www.peps.ulaval.ca/acces_au_peps/directions_routieres/index.htm

Primary Host Hotel*: **Hotel Plaza Québec**
3031 boul. Laurier
Ste-Foy, QC G1V 2M2
Tel: 418.658.2727
<http://www.hotelsjaro.com/plazaquebec/index-fr.aspx>

Secondary Host Hotels*:

L'Hôtel Quebec
3115, ave. des Hôtels
Ste-Foy, QC
G1W 3Z6
Tel: 418.658.5120
<http://www.hotelsjaro.com/hotel-quebec/index-fr.aspx>

Hôtel Sir Wilfred
3055, boul. Laurier
Ste-Foy, QC
G1V 4X2
Tel: 418.651.2440
<http://www.hotelsjaro.com/sirwilfrid/index-fr.aspx>

Hôtel Lindbergh
2825, boul. Laurier
Ste-Foy, QC
G1V 2L9
418.653.4975
<http://www.hotelsjaro.com/lindbergh/index-fr.aspx>

ALL HOST HOTELS WITHIN WALKING DISTANCE FROM EACH OTHER

Hotel Rates: *Hotel Plaza Quebec and Hotel Quebec*
2 beds on week days - \$104.00 +tax/night up to 4 people
2 beds Fri. & Sat. nights - \$129.00 +tax/night up to 4 people

Hotel Sir Winfred and Hotel Lindbergh
Regular Room every day - \$95.00 + tax up to 4 people
Mezzanine Room every day - \$115.00 + tax up to 4 people

Registration Deadline: All documents/items must be **received by April 27, 2009 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.

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 to ensure you are in our database)
- Fax (613) 523-6651 or email info@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 not mandatory but **will save you time at Accreditation**. If you wish to email a photo please send a close up of your face in any format (JPEG, JPG, BMP, etc.) to info@wtfcanada.com . **Photos must be sent by May 4th**.

Fees:

| | |
|---|----------|
| <u>Athletes</u> | |
| Competition Fee – One event (sparring OR patterns) | \$84.00 |
| Competition Fee – Two events (sparring AND patterns) | \$126.00 |

Team Officials

A Provincial/Territorial team can consist of five (5) members including:

Head of Team
Team Manager
Head Coach (Must be minimum 1st Dan)
Team Trainer (Must be minimum 1st Dan)
Team Doctor (Must be a Doctor approved by Dr. Terry DeFreitas)

| | |
|------------------------------|----------|
| One Team Official | \$42.00 |
| Two Team Officials | \$84.00 |
| Three to Five Team Officials | \$105.00 |

Individual Coaches

| | |
|------------------|---------|
| Registration Fee | \$42.00 |
|------------------|---------|

Competitor Eligibility:

- Applicants must be Canadian citizens, and have written 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
- 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 Jonathan Dagostino at jdagostino@wtfcanada.com or by phone at 613-523-4134.

Eligible Ages:

Division A – Born in 1992, 1993, 1994

Division B – Born in 1995, 1996

Division C – Born in 1997 or 1998

Weight Class Changes for Registration:

Weight Class changes can be made any time until April 27th, 2009 at 11:59 PM PST, at no extra cost. You may not change weight classes after April 27th, 2009 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 requirements 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 info@wtfcanada.com.

Taekwondo Canada will also try to provide updated lists on its website of completed and incomplete registrations for your information.

Ranking Points:

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

Rules:**NEW WTF RULES WILL BE IN EFFECT:**

Please See "Rule Amendment Summary" link above "online registration" link.

- It will take 3 of 4 corner judges to score a point
- Gloves are mandatory (WTF approved only, white in colour or matching the contestant's chest protector colour).
- Socks will not be permitted in any Division.
- **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 Divisions, but not in the C Division.

Draws:

The draw is random but will keep athletes from the same Province apart as long as possible. The draw will be posted on Taekwondo Canada's web site one week prior to the event. The draw will not be available at the hotel or the competition site.

Competition Format:

Single Elimination.

Ring Size:

8 metres X 8 metres

Match Duration: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.

Equipment:

Athletes must wear the chest protector provided by Taekwondo Canada. Both athletes in each match will wear the same size chest protector.

Athletes must provide their own head gear (red and blue), shin guards, groin protector, arm pads and mouth guard. The mouth guard is mandatory and should be white or clear, no exceptions.

Foot protectors (Foam foot coverings, not socks) are mandatory for athletes in "B" and "C" Divisions only.

Athlete's dobok should represent their Province. Canada, club and extraneous markings are not allowed. Manufacturer's markings are accepted.

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 complete 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.

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.wtfcanada.com/Kukkiwon/kukkiwondb.htm 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 Certificate Policy Price Change document at <http://www.wtfcanada.com/Documents/Kukkiwon/Kukkiwon%20Policy%20Price%20Change.pdf> to register your Kukkiwon Certificate with Taekwondo Canada.

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:

Saturday May 16, 2009

| Time | Activity | Room/Location | Notes |
|---------------|-------------------|---------------------------------------|---|
| 14:00 – 16:00 | ID Card Pick Up | Hotel Plaza Quebec <i>Room TBD</i> | All Team officials. VIP's, athletes and coaches must come to pick up their own ID |
| 16:00 – 17:00 | Male Weigh-Ins | Hotel Plaza Quebec <i>Room TBD</i> | Divisions B and C |
| 16:00 – 17:00 | Female Weigh-Ins | Hotel Plaza Quebec <i>Room TBD</i> | Divisions B and C |
| 17:00 | Technical Meeting | Hotel Plaza Quebec <i>Room TBD</i> | All Team Officials and coaches are encouraged to attend |

Sunday May 17, 2009

| Time | Activity | Room/Location | Notes |
|--------------------------|-------------------------------|-----------------------|---|
| 08:30 | Poomse Competition | PEPS–Laval University | ALL Divisions |
| After Poomse | Opening Ceremonies (O. C.) | PEPS–Laval University | All Provincial Presidents or Representative to sit at head table. |
| After Opening Ceremonies | Sparring Competition | PEPS–Laval University | |
| 16:00 – 17:00 | Male Weigh-Ins | TBD | Division A |
| 16:00 – 17:00 | Female Weigh-Ins | TBD | Division A |
| After Competition | Award Ceremony | PEPS–Laval University | |

Monday May 18, 2009

| Time | Activity | Room/Location | Notes |
|-------------------|----------------------|-----------------------|--------------|
| 8:30 | Sparring Competition | PEPS–Laval University | Division A |
| After Competition | Awards Ceremony | | Division A |

*****Itinerary subject to change, changes will be posted.*****