



MANITOBA OPEN

and

Provincial Championships

WINNIPEG, MANITOBA

MAY 11TH, 2024



Designed by Paige Krahn



INFORMATION PACKAGE



GENERAL INFORMATION

Date/Venue:

Saturday, May 11, 2024

Red River Exhibition Park, 3977 Portage Ave, Winnipeg, MB

PARTICIPANTS

ELIGIBILITY

ATHLETES

- Must be in good standing with their Provincial/Territorial Sport Organization & Taekwondo Canada (If Canadian residents)

COACHES

- Must be in good standing with their Provincial/Territorial Sport Organization & Taekwondo Canada (If Canadian residents)

| | Coaching Coloured Belts at TM Sanctioned Events | Coaching Black Belts at TM Sanctioned Events |
|-------------------------------------|---|--|
| 2024 & 2025 Tournament Season | <ul style="list-style-type: none"> • Age: 14 years and above • Rank: Red Belt and higher • TM Provincial Referee Course (recommended). • TM Coaching Level 1 • Respect in Sport • Back Check • Dress Code: TrackSuit or Semi-casual. <p>If members of Taekwondo Manitoba</p> | <ul style="list-style-type: none"> • Age: 16 years and above <ul style="list-style-type: none"> ◦ (as per NCCP Standard). • Rank: 1st Dan or higher. • TM Coaching Level 1 • Respect in Sport • Assistant Instructor (AI) recommended. • TM Provincial Referee Course (recommended) • Back Check • Dress Code: TrackSuit or Semi-casual. <p>If members of Taekwondo Manitoba</p> |

P O O M S A E C O M P E T I T I O N

COMPETITION RULES

Divisions:

Recreational Poomsae (Colour Belt and Black Belt) - Individual

- All belt levels, all ages
- Competitor performs only Kukkiwon approved poomsae of their choice
- Uniform is any style white Taekwondo dobok, appropriate belt, bare feet
- Maximum of 5 participants per division with single elimination

Black Belt Sport Poomsae – World Taekwondo poomsae rules (May 14, 2019)

Recognized poomsae – draws will be published by May 8th

- Individual: Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65
- Teams and Pairs: Youth, Cadet, Junior, U30, O30 (no extra charge for entry)
- Pairs consist of one male and one female competitor
- Teams consist of three competitors of the same gender
- Freestyle (no extra charge for entry)

Black Belt poomsae competitors may register in either Recreational or Sport Poomsae, not both.

Individual

| | |
|---------------|------------------------|
| Youth | born in 2013 and later |
| Cadet | born in 2010-2012 |
| Junior | born in 2007-2009 |
| U30 | born in 1994-2006 |
| U40 | born in 1984-1993 |
| U50 | born in 1974-1983 |
| U60 | born in 1964-1973 |
| U65 | born in 1959-1963 |
| O65 | born 1958 and earlier |

Pairs and Team

| | |
|---------------|--------------------------|
| Youth | born in 2013 and later |
| Cadet | born in 2010-2012 |
| Junior | born in 2007-2009 |
| U30 | born in 1994-2006 |
| O30 | born in 1993 and earlier |

Freestyle

| | |
|------------|--------------------------|
| U17 | born in 2007 - 2012 |
| O17 | born in 2006 and earlier |

WT Black Belt Sparring and Sport Poomsae Uniforms are recommended but not mandatory

Uniform – sport poomsae uniform as per World Taekwondo rules



* Master categories are U60 and older

KYORUGI COMPETITION

RECREATIONAL SPARRING

- The latest published World Taekwondo Competition Rules & Interpretation shall be applied*
 - Best out of 3 rounds
 - Colour belts 1 minute rounds & 30 second in between rounds
 - Black belts Youth 1 minute 30 seconds rounds with 45 seconds in between rounds
- Headshots
 - All recreational sparring no headshots
- KPNP PSS for Red belts and up for ages 12 and up **socks will be loaned for those who do not have**
- All ages shall be based on birth YEAR, not on birth day.

| Age | Male/Female | Weight classes may not exceed the following spread per division | Belt |
|----------------------------|-------------|---|------------------------------|
| Youth 1 (Ages 6 and under) | Separate | 2.5kg | White - Green Stripe |
| Youth 2 (7 -9 years) | Separate | 2.5kg | |
| Youth 3 (10 & 11 years) | Separate | 3kg | Green - Blue |
| Cadet (12 - 14 years) | Separate | 4kg | |
| Junior (15-17 years) | Separate | 4kg | Red - Black Stripe |
| Seniros (17-30 years) | Separate | 5kg | |
| Ultra (Ages 31 and up) | Separate | 5kg | Black Belt (Youth and below) |

*Article 6 1.1 of WT rules - adjacent weight classes can be combined.

We will allow this to happen in in consultation with coaches and tournament sponsor

SANCTIONED BLACK BELT

Sanctioned Black Belt Sparring

- Competition Year 2024 Black Belt sparring divisions - categories are based on the year in which the contestant was born.

born in 2010-2012 **Cadet** 1 MINUTE 30 SECOND ROUNDS
 born in 2007-2009 **Junior** 2 MINUTE ROUNDS
 born in 2007 and earlier **Senior** 2 MINUTE ROUNDS

WT weight classes will be used for Cadet, Junior and Senior Black Belt Divisions as follows:*

Cadet Male: -33kg, -37kg, -41kg, -45kg, -49kg, -53kg, -57kg, -61kg, -65, +65kg
 Cadet Female: -29kg, -33kg, -37kg, -41kg, -44kg, -47kg, -51kg, 55kg, -59kg, +59kg
 Junior Male: -45kg, -48kg, -51kg, -55kg, -59kg, -63kg, -68kg, -73kg, -78kg, +78kg
 Junior Female: -42kg, -44kg, -46kg, -49kg, -52kg, -55kg, -59kg, -63kg, -68kg, +68kg
 Senior Male: -54kg, -58kg, -63kg, -68kg, -74kg, -80kg, -87kg, +87kg
 Senior Female: -46kg, -49kg, -53kg, -57kg, -62kg, -67kg, -73kg, +73kg

*divisions may be combined according to Taekwondo Manitoba's Sanctioning Policy

K Y O R U G I C O M P E T I T I O N

METHOD OF COMPETITION

- to be determined

DRAWING OF LOTS

- Draws will be random
- Draws will be posted on Taekwondo Manitoba website following weigh-in

UNIFORM & EQUIPMENT

- Athletes are required to wear World Taekwondo recognized protective equipment
- KPNP Protector and Scoring System (Headgear and Chest Protector) will be provided to athletes Red belt and up and 12 years old and up
- Sensing socks will be required KPNP for Red belts and up and 12 years old and up (we will have a limited supply to loan out)
- Purchase your KPNP socks at Captain Sports [website](#)
- Recreational sparring athletes are required to bring their own Headgear (white or blue & red) and Chest Protector
- All Athletes are required to bring their own groin guards, mouthpieces (white or clear ONLY), gloves, socks and shin and forearm guards for their personal use
- Instant Video Replay (IVR) System will be used for sanctioned sparring

INSPECTION

- Before entering the field of play, all athletes will proceed to the Inspection Desk for inspection of their uniforms and protective equipment
 - Athletes will have 15 minutes to report to the Inspection Desk wearing all required equipment
 - It is the athlete's responsibility to ensure they are at the Inspection Desk in time
- Athletes receiving medical attention are not considered checked into inspection
- Athletes who do not report to the Inspection Desk with all required equipment on within the 15 minutes will be immediately disqualified
- Athletes who wear unofficial protective equipment will not be permitted to compete

GENERAL WEIGH - IN

- General Weigh-In of all athletes shall take place from 6:00 -8:00 PM May 10th, 2024
- Out of town guests - please contact secretary@taekwondomanitoba.net for instructions

REGISTRATION

REGISTRATION FEES

- Payment is in CDN
- Coaches fees are only for Manitoba Coaches
- Etransfer your fees to treasurer@taekwondomanitoba.net
- Cheques payable to Taekwondo Manitoba mail to
 - Taekwondo Manitoba 145 Pacific Ave, Winnipeg, MB R3B 2Z6

| CATEGORY | EARLY REGISTRATION RATE APRIL 20TH 8 pm CST | REGULAR REGISTRATION RATE MAY 4TH 8 pm CST | LATE REGISTRATION RATE MAY 6TH 8 pm CST |
|---|--|---|--|
| ATHLETE 1 EVENT 1 KYORUGI OR 1 POOMSAE | \$70.00 CDN | \$85.00 CDN | \$100.00 CDN |
| ATHLETE 2 EVENT 1 KYORUGI & 1 POOMSAE | \$80.00 CDN | \$95.00 CDN | \$110.00 CDN |
| COACH TKD MB LEVEL 1 | \$10.00 CDN | \$25.00 CDN | \$35.00 CDN |
| COACHES FEES WAIVED FOR 2024 | | | |
| COACH NCCP AI CERTIFIED | \$5.00 CDN | \$15.00 CDN | \$25.00 CDN |
| COACH NCCP DC OR PC CERTIFIED | \$0.00 | \$0.00 | \$0.00 |

IMPORTANT REGISTRATION NOTES

- Registration link: <https://fitofan.com/mbopen2024> or Excel sheet Appendix B
- See **Appendix A** - how to register you athletes on fit of fan
- If you prefer to sign up on an excel sheet please go to **Appendix B - May 4th**
- **See Appendix D - for more tournament procedures**

DRESS CODE

COACHES

- Athletic attire/team tracksuit or business attire (NO DOBOKS)
- Jeans are not permitted
- Closed footwear only, no heels or sandals
- No chewing gum or use of electronic devices, such as cell phones or video cameras
- Any coach perceived to be under the influence of alcohol or drugs will not be allowed in the competition
- Complete Appendix E and submit before May 6th

SPECTATORS

- Family Rate - 2 adults and 2 kids \$15.00
- Single Rate - \$5.00 for 6 and older
- Children under 5 are free

HOSPITALITY

- Best Western Headingly
- Holiday Inn Portage West
- 4 Points Hotel

S A F E S P O R T

- 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.

To view Taekwondo Manitoba's & Taekwondo Canada's Safe Sport policies, please visit: taekwondo-canada.com/safesport/safe-sport-policies

To view the Abuse Free Sport website, please visit: abuse-free-sport.ca

L I A B I L I T Y & W A I V E R S

- As a requirement for even registration, participants must agree to the Terms and conditions listed in Appendix C

SCHEDULE

- SCHEDULE IS SUBJECT TO CHANGE

| DATE | TIME | EVENT | LOCATION |
|----------------------|----------------|--|---|
| May 10th Friday | 6:00 - 8:00 PM | WEIGH IN All Athletes ID Credential Pick UP | Exhibitions Place 3977 Portage Ave, Winnipeg, Manitoba, R3K 2E8. |
| May 11th Saturday | 8:00 AM | Doors Open ID Credential Pick up | Exhibitions Place 3977 Portage Ave, Winnipeg, Manitoba, R3K 2E8. |
| | 7:30 AM | Volunteer Meeting | |
| | 8:00 AM | Referee Meeting | |
| | 8:30 AM | Coaches Meeting | |
| | 9:00 AM | Poomsae Competition Begin | |

A P P E N D I X A

Fitofan Registration

For those who do not have account on Fitofan yet, here is the the order of moves for the proper sign up:

Fitofan Address for the 2024 Taekwondo Manitoba Open:
<https://fitofan.com/manitobaopen2024>

- Administrator/Coach of the club register personal account on Fitofan.
- Administrator/Coach create club on Fitofan.
- Athlete creates account on Fitofan.
- Athlete applies to join to club.
- Administrator/Coach accepts the athlete to the club.
- Administrator/Coach/Athlete registers on the Competition.





APPENDIX B

..... ATHLETES LIST

1. Access the Excel spreadsheet [here](#) -
 - a. <https://bit.ly/tkdmbopen24>
2. Download the sheet to your computer
3. Update your Athletes information - make sure your weights are in KG and height is in cm
4. Save your work
5. Email to secretary@taekwondomanitoba.net
6. Submit your payment to treasurer@taekwondomanitoba.net

Your members will get registered in Fitofan and will have generic photos and email address that will be used is your club email if you don't provide an email in the sheet

| CLUB | ATHLETES FULL NAME | BIRTH MONTH | BIRTH DAY | HEAD COACH | | | WEIGHT IN KG | HEIGHT IN CM | Event | | | | | | | Athlete's Email Address or Club (will be used in fit o fan) | | |
|------|----------------------|-------------|-----------|------------|-----|------------------|--------------|--------------|---------------------|------------------------|----------------------------|----------------------------|-------------------------------|----------------------|--|---|---|--|
| | | | | BIRTH YEAR | AGE | BELT RANK COLOUR | | | EVENT - POOMSAE REC | EVENT - SPORTS POOMSAE | EVENT SPORTS POOMSAE PAIRS | EVENT SPORTS POOMSAE TEAMS | EVENT SPORT POOMSAE FREESTYLE | EVENT - REC SPARRING | EVENT - SANCTIONED BLACK BELT SPARRING | | | |
| 1 | EXAMPLE OF FULL NAME | AUGUST | 8 | 2011 | 13 | blue stripe | 50 | 110 | x | x | | | | | | x | x | |
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| 11 | | | | | | | | | | | | | | | | | | |
| 12 | | | | | | | | | | | | | | | | | | |



A P P E N D I X C

..... PARTICIPANT AGREEMENT/WAIVER

As a prerequisite for event enrollment, I consent to the stipulated terms and conditions below:

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

1. I acknowledge that possessing insurance coverage for emergency medical treatment is a mandatory condition for my participation in the event. I understand I may need to present proof of such insurance to the event organizers as part of my participation eligibility.
2. I am fully cognizant of the inherent risks and the requisite level of fitness for engaging in this event. I concede that the event organizers, their agents, or Taekwondo Manitoba cannot be held accountable for any injuries or losses incurred, regardless of the cause.
3. I affirm that I have not sustained a concussion from which I haven't received medical clearance to compete, nor have I suffered a concussion that hasn't been treated within the last 30 days.
4. I am aware of the requirement to complete the "Making Head Way in Sport" module and am acquainted with the concussion return-to-play protocols.
5. I grant permission to Taekwondo Manitoba and their designated agents to use my likeness in photographs or videos for promotional purposes.
6. I acknowledge that all fees paid are non-refundable under any circumstances.
7. I understand the necessity for all athletes and their clubs to be registered with Taekwondo Manitoba prior to participating in the event.

A P P E N D I X D

..... TOURNAMENT PROCEDURES

1. Check-In and Preparation:

- Upon arrival, athletes must collect their ID credentials and prepare for their poomsae division.

1. Poomsae Procedure:

- Details regarding the ring for the poomsae performance will be specified on the athlete's ID Credentials QR code. Scan the QR code to get the information about the ring.
 - For example, if it says Ring A, it means athletes are supposed to be ready to go on Ring A for their Poomsae.

1. Sparring Procedures:

- The athlete's ID card will indicate their match number for sparring (e.g., 324). It means they are on ring 3 match number 24 for sparring.
- Athletes are required to report to the inspection arena 20 minutes before their match commencement.
- Announcements will be made regarding which matches need to report to inspection for sparring.
- Failure to appear at the inspection arena will result in disqualification without a refund.



A P P E N D I X E

..... COACHES LIST

Please submit this form to secretary@taekwondomanitoba.net deadline May 6, 2024.

Taekwondo Club Name _____

| NAME | EMAIL | BELT RANK | AGE |
|------|-------|-----------|-----|
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