

CALGARY OPEN CHAMPIONSHIP



RED PHOENIX
Tae Kwon Do and Martial Arts

**NOV 16
2024**

 Strathmore Motor Products
Sports Centre, 1150 Edgeview
Rd, Strathmore, AB T1P 0H2

 redphoenixtkdgroup@gmail.com

 (403) 277-7937

TAEKWONDO



INFORMATION SUMMARY

Competition Location	Strathmore Motor Products Sports Center 1150 Edgeview Rd, Strathmore, AB T1P 0H2 https://maps.app.goo.gl/AuqZoHfXLv8bDuZG7														
Time/Date	November 16, 2024														
	7:30 am: Registration opens														
	7:45 am: Referee meeting														
	8:15 am: Coaches meeting (Meet in Referee Room)														
	9:00 am: Colour and Black Belt Poomsae start. All athletes report to their required ring. Sparring will commence when poomsae finishes.														
	10:00 am: Black Belt Weigh-ins														
	11:00 am: Opening Ceremony														
	12:00 pm: Recreation and High Performance Black Belt Sparring start														
Registration	<p> Color Belt: https://forms.gle/haV94ffUmSzWXe76A Black Belt: https://forms.gle/URLryv1syHXmT9w36 Coach: https://forms.gle/UQv2GvwrFfJuzetR9 </p>														
Fees	<table border="1"> <thead> <tr> <th>Registration Date</th> <th>1 Event</th> <th>2 Events</th> <th>3+ Events</th> </tr> </thead> <tbody> <tr> <td>Early - Oct 27</td> <td>\$90</td> <td>\$100</td> <td>\$110</td> </tr> <tr> <td>Regular - Nov 10</td> <td>\$100</td> <td>\$110</td> <td>\$120</td> </tr> </tbody> </table>			Registration Date	1 Event	2 Events	3+ Events	Early - Oct 27	\$90	\$100	\$110	Regular - Nov 10	\$100	\$110	\$120
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Early - Oct 27	\$90	\$100	\$110												
Regular - Nov 10	\$100	\$110	\$120												
<p> Spectators: <ul style="list-style-type: none"> Age 5 and Up \$5 Age 5 and Under Free </p>															
Contact	For any questions and inquiries please email: redphoenixtkdgroup@gmail.com														



SCHEDULE

Schedule is subject to change

Time	Activity	Location
7:30 am	Doors open	
7:45 am	Referee meeting	Upstairs
8:15 am	Coaches meeting (join the referee meeting)	Upstairs
8:45 am	Referee's report to rings	
9:00 am	Colour and Black Belt Poomsae start. All athletes report to their required ring. Sparring will commence when poomsae finishes.	Main Floor
10:00 am	Black Belt Weigh-ins	Change Rooms
11:00 am	Opening Ceremony	
12:00 pm	Black Belt Recreation and High Performance Sparring start	Main Floor

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)



POOMSAE COMPETITION

RECREATIONAL POOMSAE

- Colour Belt and Back Belt - Individual
 - All belt levels, all ages
 - Competitor performs one poomsae according to belt level
 - White Taekwondo Dobok, appropriate belt, bare feet
 - Single elimination

BLACK BELT SPORT POOMSAE

- Poomsae will follow the current rule set: [WT Poomsae Competition Rules \(June, 2024\)](#).
- Recognized poomsae - draws will be published by **November 13th**
- **Individual:** Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65
- **Teams and Pairs:** Youth, Cadet, Junior, U30, O30
 - Pairs consist of one male and one female competitor
 - Teams consist of three competitors of the same gender
- **Freestyle**
 - Freestyle music must be provided on a USB Stick in an mp3 format.

Black Belt poomsae competitors may register in either Recreational or Sport Poomsae, NOT BOTH.

Individual	Pairs and Team	Freestyle
Youth born in 2013 and later	Youth born in 2013 and later	U17 born in 2007 - 2012
Cadet born in 2010-2012	Cadet born in 2010-2012	O17 born in 2006 and earlier
Junior born in 2007-2009	Junior born in 2007-2009	
U30 born in 1994-2006	U30 born in 1994-2006	
U40 born in 1984-1993	O30 born in 1993 and earlier	
U50 born in 1974-1983		
U60 born in 1964-1973		
U65 born in 1959-1963		
O65 born 1958 and earlier		

WT Sport Poomsae Standard Uniforms



*Master U60 and O60

WT Sport Poomsae Uniforms are recommended but not mandatory.



KYORUGI COMPETITION

Black Belt kyorugi competitors may register in either Recreational or High Performance, NOT BOTH.

RECREATIONAL KYORUGI (SPARRING)

- Latest published WT Competition Rules and Interpretation shall be applied*
- Best 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
- NO head contact in any recreational division
- Single Elimination

Age	Male/ Female	Weight classes will adhere to the following maximum spread per division	Belt Divisions
Youth 1 (born 2018 and later)	Separate	2.5kg	<ul style="list-style-type: none"> • White-Green Stripe • Green-Blue • Red- Black Stripe • Black Belt
Youth 2 (born in 2015-2017)	Separate	2.5kg	
Youth 3 (born in 2013 and 2014)	Separate	3kg	
Cadet (born in 2010-2012)	Separate	4kg	
Junior (born in 2007-2009)	Separate	4kg	
Senior (born in 1992-2007)	Separate	5kg	
Ultra (born in 1991 and earlier)	Separate	5kg	

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

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

HIGH-PERFORMANCE KYORUGI

- Best of 3 System
- Single Elimination

Competition Year 2024 Black Belt Sparring Divisions

Categories are based on the year in which the contestant was born

Cadet	born in 2010-2012	1 minute 30 seconds
Junior	born in 2007-2009	1 minute 30 seconds
Senior	born in 2007 and earlier	2 minutes



WEIGHT CLASSES

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

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

DRAWS

- Draws will be random
- Preliminary draws will be posted on the tournament website:
- Final draws will be posted at the venue following weigh in

UNIFORM & EQUIPMENT

Athletes are required to wear World Taekwondo recognized protective equipment.

Recreational Sparring Competitors need:

- WT V-Neck White Uniform
- Head Protector (White or Red & Blue)
- Chest Protector
- Groin Protector
- Forearm Guards
- Shin Guards
- Instep Guards
- Mouth Guard (White or Clear)**



High Performance Black Belt's need:

- WT V-Neck White Uniform
- Groin Protector
- Forearm Guards
- Shin Guards
- Instep Guards
- Mouth Guard (White or Clear)**
- Head Protector (Provided by Competition)
- Chest Protector (Provided by Competition)
- KP&P Socks*

Instant Video Replay (IVR) System will be used for High Performance sparring.

*High Performance competitors are required to have KP&P socks, which can be purchased from Captain Sports at <http://captainsports.ca>. KPNP socks will also be available for purchase from the Captain Sports booth at the tournament venue.

****PLEASE NOTE:** Competitors who are wearing braces on their teeth must produce a letter from their dentist to certify the mouth guards being worn are safe for Taekwondo competition. There should be top and bottom mouth guards if there are braces on top and bottom teeth.

INSPECTION

Referee's will inspect participant gear at the participants rings before their match.

WEIGH - INS

Only High Performance Black Belt's are required to weigh in.**
Saturday, November 16th from 10:00am -11:00am at the Strathmore Motor Products Sports Center.

An allowance of 5% is allowed due to same day weight in.

Failure to make weight in the Registered Division will result in disqualification.

**Recreational athletes do not need to weigh in.



FEES AND REGISTRATION

PARTICIPANT REGISTRATION FEES

- Payment is in CAD
- E-transfer your fees to mastercha@redpx.com

Registration Date	1 Event	2 Events	3+ Events
Early - Oct 27	\$90	\$100	\$110
Regular - Nov 10	\$100	\$110	\$120

Cancellations will not be accepted under any circumstances after the registration has been submitted and no refunds will be granted.

EVENTS

POOMSAE

COLOUR BELTS

KYORUGI

- Recreational Poomsae - Individual

- Recreational Sparring

BLACK BELTS

Black Belt Poomsae competitors may register in either Recreational or Sport Poomsae, **NOT BOTH.**

Black Belt Kyorugi competitors may register in either Recreational or High Performance, **NOT BOTH.**

Select:

- **Recreational - Individual**

OR

Any combination of:

- **Sport - Individual:** Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65
- **Sport Teams:** Youth, Cadet, Junior, U30, O30
 - Teams consist of three competitors of the same gender
- **Sport Pairs:** Youth, Cadet, Junior, U30, O30
 - Pairs consist of one male and one female competitor
- **Sport Freestyle**

Select 1:

- **Recreational Sparring**
- OR
- **High Performance Sparring**





REGISTRATION LINKS

Please ensure you fill out the registration form. This will ensure proper identification is created.

Color Belt: <https://forms.gle/haV94ffUmSzWXe76A>

Black Belt: <https://forms.gle/URLryv1syHXmT9w36>

Coach: <https://forms.gle/UQv2GvwrFfJuzetR9>

DRESS CODE

Track Suit or Semi Casual

COACHES

CONDUCT

- No chewing gum or use of electronic devices, such as cell phones or video cameras during matches
- Any coach perceived to be under the influence of alcohol or drugs will not be allowed in the competition
- Coaches must follow their provinces coaching requirements
- Adhere to NCCP Code of Ethics (2016)

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.

To view Taekwondo Canada's Safe Sport policies, please visit:

www.taekwondo-canada.com/safesport/safe-sport-policies

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



HOST HOTELS

Days Inn & Suites by Wyndham Strathmore **400 Ranch Market, Strathmore, AB T1P 0B2, Canada**

Group Name: Red Phoenix - Calgary Open TaeKwonDo
Group Confirmation Code: GS111524RPC
Arrival Dates: Fri, Nov 15- Sat, Nov 16, 2024
Room Type: Non-Smoking 2 Queen or Non-Smoking 1 King
Total Rooms: 25 Rooms Available
Price per Night: \$127.80+taxes
Cut Off Date : October 31st

Booking Link: [http://www.wyndhamhotels.com/hotels/39451?
checkInDate=11/15/2024&checkOutDate=11/16/2024&groupCode=GS111524RPC](http://www.wyndhamhotels.com/hotels/39451?checkInDate=11/15/2024&checkOutDate=11/16/2024&groupCode=GS111524RPC)

Important Information

- All reservations and rooming lists must be sent directly to the property. If you need to make any changes to your group block please contact the hotel directly.
- If the rooming list is not received by above due date the group block will be canceled.
- If the individual reservations are not made by the cut-off date the remaining rooms not booked will be released.

If you need any additional assistance please reach out directly to the hotel.

DBW Strathmore Inn **550 - Highway #1, Strathmore, AB T1P 1M6**

P: (403) 934-5777 | F: (403) 934-5730
Best Western Hotels & Resorts® | bestwesternstrathmore.com

Block Name: RED PHOENIX
Block ID: X85UM4G3
Arrival Date: Nov 15 2024
Departure Date: Nov 17 2024
No. Of Nights : 02
Total Rooms: 30
Room Type: Standard Rooms with 2 Queen Beds or King bed
Price per Night: \$125.99 +Tax
Cut Off Date: Oct-15-24 (any rooms not reserved by this date are returned to normal inventory and no longer eligible for quoted rate)

Booking Link: [https://www.bestwestern.com/en_US/book/hotel-rooms.61041.html?
groupId=X85UM4G3](https://www.bestwestern.com/en_US/book/hotel-rooms.61041.html?groupId=X85UM4G3)

Please contact the hotel directly at 403-934-5777 to book rooms, please ensure guests know the Block ID in order to book directly with the Hotel.

Should you, or any guests, have any questions, please do not hesitate to contact us, otherwise, we look forward to serving you.



WAIVER

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

1. 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.
2. 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.
3. I am fully cognizant of the inherent risks and the requisite level of fitness for engaging in this event. I voluntarily assume all risks in any way connected with my participation in the said competition and hereby waive all claims however caused, including negligence, against any and all persons and any and all organizations and championship directors connected with the above actions and conduct during and in connection with the said championships.
4. 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.
5. I agree that my performance or attendance at the competition or both may be filmed or otherwise recorded or telecast live, and I consent to the use by the Tournament Officials and/or Directors of the above mentioned Championship, to use my name, likeness, voice, poses, pictures, and/or biographical data concerning me, fully or in any language with or without material throughout the world without limitation, for television, radio, and/or theatrical motion pictures by any device known or hereafter devised and I waive compensation therefore.
6. I acknowledge that all fees paid are non-refundable under any circumstances. I understand the necessity for all athletes and their clubs to be registered with their respective provinces governing taekwondo association prior to participating in the event.



TOURNAMENT PROCEDURE

Check-In and Preparation

- Upon arrival athletes must collect their ID credential
- Athletes will put their equipment in their dojang's designated spot in the warm up area.
- If the Athlete is under 18, **ONLY ONE** Adult spectator may accompany them into the warm up area.
- Prepare for their poomsae division.

Poomsae Procedure

- Details regarding the ring for the poomsae performance will be stated on the athlete's ID credentials.
- For Example: if it says Ring 1, it means the athletes will need to gather at Ring 1 for their poomsae
- Referees will direct athletes to line up according to age and belt level.
- Once seated students will be called by name when it is their turn to perform.

Sparring Procedures:

- The athletes ID card will indicate their ring and first match number for sparring (Ring 1 Match 23). That means they will be on Ring 1 and match number 24 for sparring.
- Match number will be displayed at each table. Athletes must appear at their designated ring two matches before theirs.
- If the athlete has another match, they will be given their next match number by one of the officials/volunteer's at the ring.

Medals and Results

Medals will be awarded as divisions complete.

- Failure to appear at their ring will result in disqualification without a refund.



PARTNERSHIPS AND SPONSORS

