

2023-2024 PROVINCIAL GAME # 1

Updated: 04-25-2023

Taekwondo Ontario will be holding the 1st provincial game for the 2024 season on June 3 & 4, 2023 at [Markham Pan Am Centre](#) in Markham, Ontario. Please familiarize yourself with this document and the information contained within.

This event will be utilizing the KP&P Protector & Scoring System, and e-Headgear. All sparring athletes competing in this event must ensure that they have the latest version of the KP&P sensor socks. KP&P sensor socks can be purchased from the vendor below:

Captain Sports Martial Arts Supply

351 Steelcase Rd. West, Unit # 3

Markham, Ontario L3R 4H9

Tel: 905-946-0800

Web: www.captainsports.ca

IMPORTANT DATES

May 19, 2023	Registration Deadline Online
May 22 - 26, 2023	Competitor List Published and Weight/Division Change Deadline
May 29, 2023	Sparring Brackets announced
June 2, 2023	Poomsae Draws announced
June 2, 2023	Early athlete & coach accreditation; @ venue 6pm Senior Weigh-in @ venue at 6 pm June 2,2023 Junior / Cadet Weigh-in @ venue 3 pm June 3,2023
June 3, 2023 8 am start	Sparring: Senior Poomsae: Youth Individual, Cadet Individual, Junior Individual, Cadet Pair, Cadet Team, Junior Pair, Junior Team, U17 Freestyle, U17 Freestyle Pair, U17 Freestyle Team
June 4, 2023 8 am start	Sparring: Cadet, Junior Poomsae: U30, U40, U50, U60, U65, O65, U30 Pair, U30 Team, O30 Pair, O30 Team, O17 Freestyle, O17 Freestyle Pair, O17 Freestyle Team

REQUIREMENTS

- (1) All athletes and coaches participating in this event must be members in good standing with Taekwondo Ontario in the current 2022-2023 season. As such, individuals who are not in good standing must register or renew their membership online via the website (www.taekwondo-ontario.com) to ensure that they are properly insured with Taekwondo Ontario for the 2022 – 2023 season. If you are not a member in good standing or do not have a Taekwondo Ontario membership, the system will NOT allow you to register.
- (2) Athletes competing must possess a minimum of 1st Dan/Poom Kukkiwon. If the Kukkiwon has been applied for but not yet received, please indicate it on the membership registration as “Application In Process”.
- (3) As part of the Province of Ontario’s Sport Recognition Policy (SRP) governing Combat Sports, all sparring competitors must have completed the enclosed medical declaration. For this upcoming provincial game, all sparring competitors participating in divisions with head contact must sign a self-declaration to be emailed to info@taekwondo-ontario.com by no later than **May 26th 2023**. Sparring athletes without the completed and signed self-declaration will not be allowed to compete. **NO refunds** will be issued to competitors that fail to submit their declaration by the aforementioned deadline.
- (4) The registration period will be from **APRIL 14, 2023 to May 19, 2023**. All athletes and coaches must register online through the Events section of website www.taekwondo-ontario.com. Registrations after **May 19, 2023** will not be accepted.
- (5) Coaches must be either NCCP Dojang Coach certified or NCCP Dojang Coach trained.
- (6) On the day of competition, a strict dress code for coaches will be enforced. No hats, jeans, open toe shoes or Taekwondo uniforms will be allowed. Only coaches wearing athletic attire or business casual will be allowed on the venue floor to coach. Coaches that fail to abide by the dress code policy and refused entry onto the venue floor will **NOT** be refunded.
- (7) Sparring athletes must ensure that the following mandatory equipment: White V-neck WT style uniform, white or clear mouth guard, armguards, hand protector, groin protector, shin guards as well as KP&P socks. Facemasks are mandatory for sparring athletes competing in the Cadet divisions. Electronic hogus & helmets will be supplied.

Poomsae athletes must wear mandatory Poomsae Y-neck style uniforms with corresponding poom or dan belts. Freestyle competitors must bring their music file to competition on a USB the day of competition.

FEES

Sparring	\$120+ (HST & Service Charge)
Poomsae	\$120 + (HST & Service Charge) first Poomsae Event, \$50 + (HST & Service Charge) each additional Poomsae Event
Coach	\$60 for all non-DC certified coaches (Free for all DC certified coaches)
Spectator	\$10.00 spectators 12 and up; \$5.00 spectators under 12 – Cash

TOURNAMENT INFORMATION

- (1) **Mandatory Participation** - All competitors participating in the 2024 Canadian National Championships **MUST** participate at one 2023-2024 Taekwondo Ontario Provincial Selection Games. Athletes unable to participate due to injury must have a physician's note and must still register and attend the weigh-in.
- (2) **Points / Benefits** – Medalists of each 2023-2024 Provincial Selection Game will receive points that will count towards the overall determination of the top ranked Ontario athlete in each division who will represent Team Ontario at the Canadian National Championship, and any training and development initiatives in the coming 2023-2024 season. The points will also be used in the determination and selection of the top ranked Ontario athletes eligible for athlete assistance funding support (i.e. Quest For Gold) from the government.
- (3) **Medical Support** – A medical support team will be on-site to treat injuries. Taping services will be offered at a cost. Additionally, as a requirement of the Province of Ontario's Sport Recognition Policy (SRP) governing Combat Sports, a licensed physician will be on-site during the competition.
- (4) **Field of Play** – Only athletes and competitors with valid accreditation will be allowed onto the field of play.
- (5) **IMPORTANT* Random Weigh-In (Applicable to Senior Competitors)** - Athletes are required to undergo a random weigh-in process on the day of the competition.

Senior athletes will be required to report to the venue one hour prior to the beginning of the competition for random weigh-in. Out of each division, 20% of the Senior athletes who successfully weighed in on the previous day will be selected for random weigh-in (e.g. 4 competitors out of 20 in -80 kg division). Random weigh-in shall be conducted with plus 5% tolerance of the contestant's weight category. Underweight shall not be subjected to random weigh-in. In addition, + weight divisions are exempt from random weigh-in as no weight needs to be cut for this purpose (e.g. M +80 kg and W +67 kg heavyweight divisions).

*For example, an athlete in the -80 kg division can weigh-in up to a maximum of 84.0 kg. A random weigh-in of 84.1 kg would be a disqualification.

Random weigh-in shall be done only once. There will be no second attempt. Any athlete who arrives to random weigh-in late or is a no-show will immediately be disqualified. Random weigh-in shall be finished 30 minutes prior to the start of the competition.

(6) Sparring Format

- Single Elimination
- Junior and Senior and Cadet: Three rounds of 90 seconds duration with 1-minute break per WT standards and guidelines for all competitions.
- Full head contact, WT rules in effect. (Facemasks are optional for Cadets. Competitors must bring their own).
- Rounds will be stopped at a 12-point gap except for Senior semi-final and finals.
- Competition format will be best 2 out of 3 rounds.
- 1st, 2nd and two 3rd places will be issued for podium finish.

(7) Poomsae Format

- Two (2) Poomsae will be required in the Preliminary rounds.
- Two (2) Poomsae will be required in the Final rounds.
- The Poomsae draws will be posted ahead of schedule on June 2,2023.
- Poomsae Style Y-neck uniforms are mandatory for Poomsae competitors.
- 1st, 2nd and two 3rd places will be issued certificates for podium finish.

(8) Drawing of Lots - Sparring

- Athletes who finished prior season ranked #1 and #2 in Ontario will be seeded in the #1 and #2 positions on the bracket if they are competing in the same age category as prior season.
- Remainder of the bracket will be drawn at random. Affiliation to the same club will be only done in the opening round of the bracket, when possible (ranking / seeding may make this impossible depending on number of athletes)

Appendix A Terms & Conditions

PLEASE READ CAREFULLY

Thank you for your interest in the Taekwondo Ontario Provincial Game # 2. 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 as a condition of event participation as a coach or athlete, I must be a current member of the Taekwondo Ontario.
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, confirm that the participant has not suffered a head injury or concussion within 30 days of this event and are cleared to fully participate in contact sports.
5. I agree to fully abide by the rules of competition as outlined and will maintain sportsmanlike behavior at all times while participating at this event.
6. I have read the package and ranking system on the last page of this document.
7. I agree to allow the Taekwondo Ontario and their agents to capture myself on still image or film for the purposes of promoting the Taekwondo Ontario.
8. I understand that all fees are non-refundable.

I acknowledge that I have read and agree with the above Terms and Conditions.

Signature or of Parent/Guardian of Minor

Date

Appendix B

SPARRING DIVISIONS						
	CADET Division Birth Year 2010, 2011, 2012		JUNIOR Division Birth Year 2007, 2008, 2009		SENIOR Division Birth Year 2007 & Earlier	
	Male (KG)	Female (KG)	Male (KG)	Female (KG)	Male (KG)	Female (KG)
FIN	-33	-29	-45	-42	-54	-46
FLY	-37	-33	-48	-44	-58	-49
BANTAM	-41	-37	-51	-46	-63	-53
FEATHER	-45	-41	-55	-49	-68	-57
LIGHT	-49	-44	-59	-52	-74	-62
WELTER	-53	-47	-63	-55	-80	-67
LIGHT MIDDLE	-57	-51	-68	-59		
MIDDLE	-61	-55	-73	-63	-87	-73
LIGHT HEAVY	-65	-59	-78	-68		
HEAVY	+65	+59	+78	+68	+87	+73

RECOGNIZED POOMSAE DIVISIONS										
Division		Youth 10-11	Cadet 12-14	Junior 15-17	Under 30 18-30	Under 40 31-40	Under 50 41-50	Under 60 51-60	Under 65 61-65	Over65 66+
		2013 2014	2010 2012	2007 2009	2006 1994	1993 1984	1983 1974	1973 1964	1963 1959	1958+
Individual	Male	√	√	√	√	√	√	√	√	√
	Female	√	√	√	√	√	√	√	√	√
Division			Cadet 12-14		Junior 15-17		Under 30 18-30		Over 30 31+	
			2010 2012		2007 2009		2006 1994		1993+	
Pair			√	√	√	√	√	√	√	√
Team	Male		√	√	√	√	√	√	√	√
	Female		√	√	√	√	√	√	√	√

FREESTYLE POOMSAE DIVISIONS			
Division		Under 17 12-17	Over 17 18+
		2007-2012	2006+
Individual	Male	√	√
	Female	√	√
Pair		√	√
Team (Mixed)		√	√