



# PHOENIX MEMORIAL CUP

**SATURDAY, OCT 26 2024**

**TAIT MCKENZIE CENTER - YORK UNIVERSITY  
1 THOMPSON RD - NORTH YORK - TORONTO**

PHOENIXMEMORIALCUP@GMAIL.COM - 613-749-5425



Registration



Email



Event Facebook



THIS CONTEST IS SANCTIONED BY TAEKWONDO ONTARIO, THE PROVINCIAL SPORTS ORGANIZATION (PSO) OFFICIALLY RECOGNIZED BY THE PROVINCE OF ONTARIO

# PHOENIX MEMORIAL CUP TAEKWONDO CHAMPIONSHIPS | 2024

Dear Masters, Instructors, and Taekwondo Practitioners:

It is with great pleasure that we invite you to the 2024 Phoenix Memorial Cup to be held at The Tait McKenzie Centre at York University in Toronto, Ontario on October 26<sup>th</sup>, 2024. This year, a portion of the proceeds will be donated towards the Canadian Cancer Society.

This event is a fully sanctioned Taekwondo Ontario (TO) event and as such, World Taekwondo (WT) competition rules will be in effect for all High-Performance black belt sparring divisions and TO competition rules for all colour belt and recreational black belt divisions.

This is a PRE-REGISTRATION event only. Coaches will be required to pre-register their teams online at <https://members.taekwondo-ontario.com/event/107/>. **Registration deadline is Wednesday October 23<sup>rd</sup>.**

This year we will be holding **THE OPTION to check in / Weigh in the day before** (Friday Oct 25<sup>th</sup>) from 6:00 pm – 10:00 pm at the Tait Mckenzie Center in order to alleviate the wait time the day of the event for both athletes and spectators. An alternate site for tournament registration may also be announced closer to the tournament date. Follow us on our event Facebook page for locations <https://www.facebook.com/events/1040102664296905/>

**ALL ATHLETES will be weighed in** prior to competition at the designated weigh in time (please see weigh in schedules) in order to be bracketed and ensure a smooth flow of competition. High Performance divisions will be using the KP&P system with E-Headgear and coaches challenge card for head kicks.

Enclosed please find the attached tournament package with details regarding registration, deadlines, tournament rules, etc. Should you have any questions or concerns, please do not hesitate to contact us.



**MASTER GEORGE KOH**

Tournament Host

Taekwondo Ontario Head Coach

Canadian National Team Coach

Tel: (613) 749-5425

Email: [phoenixmemorialcup@gmail.com](mailto:phoenixmemorialcup@gmail.com)

Facebook Event Page

Tournament Email Address

Tournament Registration



## INFORMATION

<b><u>Host</u></b>	<b>Master George Koh</b>
<b><u>Tournament Site</u></b>	<b>Tait Mckenzie Centre (York University)</b> 1 Thompson Rd North York Ontario M3J 1P3
<b><u>Date</u></b>	<b>Saturday, October 26, 2024</b>
<b><u>Time</u></b>	Tournament opens at 7:30 AM <i>Please see tournament schedule for division start time</i>
<b><u>Registration Deadline</u></b>	<b>ALL REGISTRATIONS must be submitted before Midnight October 23<sup>rd</sup></b>  <a href="https://members.taekwondo-ontario.com/event/107/">https://members.taekwondo-ontario.com/event/107/</a>

### **Competition Fee**

Colour Belt and Recreational Black Belt	\$ 95.00 (Sparring and \ or Poomsae)
High Performance Sparring	\$ 120.00
1 High Performance Sparring event and 1 Recreational Poomsae event	\$ 120.00
One Free Coach pass per registered Taekwondo Ontario school	
1 additional free coach pass for every 10 athletes	
\$25.00 per additional coach	
<b>Spectator</b>	\$10.00 (Cash only)
<b>Children spectator under 6 years old</b>	Free

### **Association Membership**

All participants must be current 2024-2025 members of Taekwondo Ontario.

If you have an account with Taekwondo Ontario, but are not registered for the 2024-2025 season (membership renewal date is Sept 1 2024), please renew membership at: <https://members.taekwondo-ontario.com/membership/login/>

If you have never had a Taekwondo Ontario Membership and need to become a member for the first time to create a membership, you can register at: <http://members.taekwondo-ontario.com/membership/register/individual>

### **Out of Province and International participants**

Please email us at [phoenixmemorialcup@gmail.com](mailto:phoenixmemorialcup@gmail.com) for information how to register. All out of province athletes will need to register as a Taekwondo Ontario member, but will not have to pay for membership as long as you can provide proof of current provincial \ state membership.

To do this, please register at <http://members.taekwondo-ontario.com/membership/register/individual> and select "Non-Ontario Resident \ International Participant" and select to option to "pay later"

# TOURNAMENT FORMAT

## COLOUR BELT SPARRING DIVISIONS (Sparring)

- Each match will be best 2 out of 3 rounds, each of 60 seconds, 30 seconds break. In the case that an individual wins 2 rounds straight, the winner will be declared at the end of the 2<sup>nd</sup> round
- No head contact for colour belts
- **Age divisions will be split into divisions based on their recorded weight.**

## BLACK BELT RECREATIONAL DIVISIONS (Sparring)

- Each match will be best 2 out of 3 rounds, each of 60 seconds, 30 seconds break. In the case that an individual wins 2 rounds straight, the winner will be declared at the end of the 2<sup>nd</sup> round
- No head contact
- **No persons who have competed at a provincial or National championship in the past 5 years will be allowed to compete in the recreational black belt division**

## HIGH PERFORMANCE BLACK BELT SPARRING

- All athletes will be bracketed in WT Olympic, Junior Olympic and consolidated Cadet Weight categories.
- All divisions will compete with the KP&P Electronic Scoring System (including Electronic Head Gear) and will require KP&P Electronic Sensor Socks. They can be purchased by asking your Dojang master.
- Single Elimination with WT black belt full-contact rules.
- 3 rounds of 1.5 minutes with 30 seconds breaks for all divisions
- Video Replay will be provided

## POOMSAE COMPETITION

- Poomsae division will be divided by age, belt and weight and will remain the same division as the sparring divisions
- Mandatory WT color belt and black belt poomsae will be followed
- All competitors will be judged by way of point scoring method from 1 – 10

## TOURNAMENT GUIDELINES

- The competition area is open to competitors and athletes ONLY, all parents must stay in designated spectator areas. These rules will be enforced by security for the safety of all participants. Please listen to announcements to hear if your division is being called to the ring assignment area.
- **Weight divisions may be subject to change to bigger divisions in the case there is not enough competitors. This is based on the approval of the tournament director to ensure the new formed divisions are fair and safe**
- **ALL COMPETITORS MUST BE WEIGHED IN AT THE REGISTRATION.** Any competitors not weighed in will not be bracketed for sparring competition.
- WTF Style – White Dobuk, Head Gear, mouth guard (clear or white), chest protector, groin protector, forearm guards, shin guards. Instep guards required for colour belts. Gloves (Mandatory for High Performance Sparring)

# Competitor Divisions

6 years old & Under	
Male	Female
- 18 kg	- 15 kg
- 26 kg	- 23 kg
+ 26 kg	+ 23 kg

7 & 8 years old	
Male	Female
- 21 kg	- 19 kg
- 28 kg	- 25 kg
- 35 kg	- 31 kg
+ 35 kg	- 31 kg

9 & 10 years old	
Male	Female
- 24 kg	- 20 kg
- 30 kg	- 26 kg
- 37 kg	- 33 kg
- 45 kg	- 41 kg
+ 45 kg	+ 41 kg

11 & 12 years old	
Male	Female
- 30 kg	- 26 kg
- 37 kg	- 33 kg
- 45 kg	- 41 kg
- 53 kg	- 47 kg
+ 53 kg	+ 47 kg

13 & 14 years old	
Male	Female
- 37 kg	- 33 kg
- 45 kg	- 41 kg
- 53 kg	- 47 kg
- 61 kg	- 55 kg
+ 61 kg	+ 55 kg

15 – 17 years old	
Male	Female
- 48 kg	- 44 kg
- 55 kg	- 49 kg
- 63 kg	- 55 kg
- 73 kg	- 63 kg
+ 73 kg	+ 63 kg

18 + years old	
Male	Female
- 58 kg	- 49 kg
- 68 kg	- 57 kg
- 80 kg	- 67 kg
+ 80 kg	+ 67 kg

All color belt divisions will be further divided into

- 1) White \ Yellow Stripe Belt
- 2) Yellow \ Green Stripe Belt
- 3) Green \ Blue Stripe Belt
- 4) Blue \ Red Stripe Belt
- 5) Red \ Black Stripe Belt
- 6) Black

### Mandatory Poomsae Classification

White \ Yellow Stripe Belt	Taegeuk 1- 3
Yellow \ Green Stripe Belt	Taegeuk 1- 5
Green \ Blue Stripe Belt	Taegeuk 3- 6
Blue \ Red Stripe Belt	Taegeuk 4- 7
Red \ Black Stripe Belt	Taegeuk 6- 8
Black Belt and Higher	Taegeuk 8 and Higher



# TOURNAMENT SCHEDULE

All **colour belt & recreational black belt** divisions will begin with sparring, followed by poomsae

Registration and weigh in times will open at 7:00 am with the below listed categories, and follow through in the same order listed as divisions are completed.

Referee Meeting: 8:00 am - 8:15 am

Coaches Meeting: 8:15 am – 8:30 am

Age Division	Competition Time	Check-in\ Weigh in Time
6 & under	8:30 am	7:00 am – 8:00 am
Senior (18 and older)	9:00 am	7:30 am - 8:30 am
7 & 8 years old	10:00 am	8:00 am - 9:30 am
9 & 10 years old	12:00 pm	9:30 am - 11:30 am
11 & 12 years old	3:00 pm	12:30 pm - 2:30 pm
13 to 14 years old	5:30 pm	2:30 pm - 5:00 pm
15 to 17 years old	7:00 pm	2:30 pm - 6:30 pm

## High Performance Divisions

Sparring Cadet (12 - 14)	8:30 am	7:00 am - 8:00 am
Sparring Junior (15 to 17)	1:00 pm	10:00 am - 12:00 pm
Sparring Senior (18+)	6:00 pm	2:30 pm - 5:30 pm

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\* Times are approximate and are subject to change. Divisions may start later than specified time, but not before unless all competitors are already present.

\* Athletes in High Performance Divisions will be allowed 1kg allowance for clothing etc.

\* **CODE OF CONDUCT:** We ask that you team members demonstrate the highest level of sportsmanship. This includes respect to the referees, volunteer staff, opponents, the facilities staff and tournament regulations. **NO ONE** will be permitted on the floor for filming purpose as it crowds the tournament area and the medical team cannot properly do its job. We will notify all participants of Taekwondo Ontario policy # TO-HR-002 Code of Conduct.

