



# CHAMPIONNAT ITF NATIONAL 2025

— Championships —

May 17-18 mai, Lévis QC

## Official invitation



Dear Grand Masters, Masters, and Instructors,

We are very excited to invite you to participate in the **2025 CTFI National Taekwon-Do Championships** in Levis, Quebec on May 17 & 18, 2025. Black belts and coloured belts from CTFI-affiliated clubs in Canada, ages four and over, are invited to participate in this event.

It is our goal to provide an amazing and memorable experience for all participants and their supporters. This will be a well-organized event with excellent level of competition and sportsmanship, demonstrating the true spirit of the original ITF Taekwon-Do.

This event will be especially exciting because it will be the key qualifier for athletes competing for a spot on the Canadian National Team going to the ITF World Championships in Porec Croatia, October 2025.

For the 2025 CTFI National Taekwon-Do Championships, we are pleased to provide the following features to the tournament program:

- Pre-Order shirts online : <https://www.zeffy.com/fr-CA/ticketing/t-shirts-championnat-canadien>
- Coaches/Instructors will register participants on-line via Sportdata.
- All competitors will receive their ring locations and estimated time schedule for their events.
- The ITF Electronic Scoring System (ESS) will be used in several rings.

For more information on registration and rules, we invite you to check for updates on the [CTFI website](#). All ITF/CTFI rules and the Team Manual are available through the “[Downloads and Resources](#)” page on the CTFI website as well. All instructors, are highly encouraged to become familiar with the most up to date rules, and we stress the importance of relaying the information to their participants.

We look forward to seeing you all at this exciting event!

Sincerely,

*Mme. Valerie Gingras-Precourt (6<sup>th</sup> dan) and M. Guy Cloutier (5<sup>th</sup> dan)*  
Hosts of the 2025 CTFI National Taekwon-Do Championships



## Event Information

**Who:** All official CTFI-affiliated schools and practitioners.  
**When:** Saturday and Sunday May 17 and 18, 2025  
**Where:** St-Romuald Arena, 265 Taniata avenue, Levis, QC G6W 5M6

**Main Contact:** Mrs Valerie Gingras-Precourt (*VI*)  
phone : 418-998-3033  
email: [ecoletkdcitadelle@gmail.com](mailto:ecoletkdcitadelle@gmail.com)

**Tournament Director:** Master Kevin Reinelt (*VIII*)  
email: [tournamentdirector@ctfi.org](mailto:tournamentdirector@ctfi.org)

**Umpire Director:** Mr. Chris Law (*VII*)  
Email: [ctfiumpirecommitee@gmail.com](mailto:ctfiumpirecommitee@gmail.com)

**Registration:** All registrations are Online using SportData.

**NOTE:** Only Instructors/Coaches can register competitors using their SportData club account.

**DEADLINE: All registration for Competitors, Coaches and Referees closes April 30, 2025 at 11pm Eastern (Quebec) Time.**

### **SportData Online Registration:**

[https://www.sportdata.org/taekwondo\\_itf/set-online/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vern=602#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=602#a_eventhead)



**Events:** These championships will feature the following events:

- TKD Kids / Tigers - special categories (age 4-7 years)
- Adapted Taekwon-Do - special categories (age 6+)
- Individual Patterns - Coloured Belt & Black Belt (age 6+)
- Individual Free Sparring - Coloured Belt & Black Belt (age 6+)
- Prearranged Sparring - Black Belt & Blue Belt+ (age 12+)
- Team Patterns – Black Belt & Blue Belt+ (age 12+)
- Power Breaking Black Belt (age 15+) (World Championship Rules)
- Special Tech. Breaking Black Belt (World Championship Rules) & Blue Belt + (age 12+), (World Cup Rules)
- Team Sparring – Black Belt only (if time allows) (age 12+) (organized at the event)

**ENTRY FEES:**

*NOTE: All ages are based on the competitor’s age on the first day of the tournament*

TKD Kids/Tigers includes 2 events (age 4-7) -----	\$60
Adapted TKD/Special Needs (Black Belt & Colour Belt age 6+)	
- Solo Patterns and/or Mixed Abilities (1 for \$40, both for \$75)-----	\$40 - \$75
Coloured Belts (Ages 6+) Patterns and/or Sparring -----	\$75
Senior & Veteran Black Belts (Age 36+) Patterns and/or Sparring -----	\$75
Pre-Jr, Jr & Adult Black Belts (Age 12-35) Patterns and/or Sparring-----	\$115
Prearranged Sparring (Black Belts and Blue/Red Belts age 12+) -----	\$30/team
Team Patterns (Black Belt, Blue/Red Belt, age 12+)-----	\$50/team
Power Breaking (only Black Belt age 15+) -----	\$20
Special Technique (Black Belt & Blue Belt+, age 12+) -----	\$20
Coach Pass - Head Coach (BB & CB, 1 per Dojang) -----	\$50
Coach Pass - Black Belt Sparring (NOTE: see limits in Coach section below)-----	\$50
Coach Pass - Colour Belts (Not allowed: Black Belts age 16+) -----	\$30
Photographer Pass (Not allowed: Black Belts age 16+)-----	\$50



## **SCHEDULE OF EVENTS**

*Note: This schedule is tentative and is subject to change once all registrations have been received.*

Fri., May 16 <sup>th</sup> (Host Hotel)	8am-4pm 4pm-6pm	CTFI Umpire National Class B course (location TBD) Black Belt weigh-ins, black belt card check and Coach check-in at the Host Hotel
Sat., May 17 <sup>th</sup> (Venue)	7:30 - 8:00am 8:00 – 8:30am 8:00 – 8:30am 8:30 - 9:00am 9:00am - 2:00pm 9:30am - 2:00pm 2:00 – 5:00pm 2:00 - 5:00pm 5:00pm	Last chance for Black Belt weigh-in/check-in/ and coach check-in at the venue All Competitors arrive Black Belt/Umpire Meeting Opening Ceremonies TKD Kids/Tigers, Adapted categories, Colour Belt patterns/sparring Special Technique and Power Breaking, Black Belts Special Technique Breaking Colour Belts Black Belt Patterns, including Team and Prearranged Competition ends for the day
Sun., May 18 <sup>th</sup> (Venue)	8:30 – 9:00am 9:00 - 4:00pm 4:00pm – 5:00pm 5:00pm	Black Belt/Umpire Meeting Black Belt Individual Sparring Black Belt Team Sparring (time allowing) Competition ends
Mon, May 19 <sup>th</sup> (Venue)	9:00 – 5:00pm	National Team Selection and Training Camp Black Belts Pre-Junior, Junior and Adult by invitation



## OFFICIAL TOURNAMENT APPAREL PRE-ORDER

You will be able to pre-order online your official 2025 CTFI National Taekwon-Do Championships T-Shirts. We highly recommend using the online pre-order process as only limited sizes and quantities will be available for purchase at the tournament venue.

We are offering 2 options for our Championships T-shirts available in Kids and Adults sizes !

These T-shirts are made from a lightweight fabric, ideal for workouts.



**T-shirts are sold for \$30 in advance.** Some sizes may be available on site at the event at 40 \$.

### TO PRE-ORDER :

<https://www.zeffy.com/fr-CA/ticketing/t-shirts-championnat-canadien>

*\*\*\* The Zeffy platform we offer is completely free of charge. Please note, however, that a suggested incentive amount will be added to your shopping cart. You can change it or remove it completely at any time. \*\*\**



## ACCOMMODATIONS

### **Official Host Hotel**

The official event host hotel is the **Hampton Inn & Suites Quebec city Lévis**

**Hampton Inn & Suites  
1176, rue de Courchevel  
Lévis, Quebec G6W 0P7**

Weigh-ins/Black Belt Check-in and coach's registration will all take place at this hotel Friday afternoon from 4-6 pm. Any Black Belts who have not checked in to show their ID card and weigh-in, and coaches who have not picked up their tournament packages by this time must do so at the tournament venue Saturday morning from 7:30-8:00 am.



**Room Availability:** 1 King bed + 1 Sofa bed  
2 Queen Beds  
**Rates:** \$199.00 + taxes and fees per night

Rates include hot and cold buffet breakfast, outdoor parking, local calls, Wi-Fi, access to indoor pool and fitness room, mini-fridge and coffeemaker in all rooms and suites, microwave in studio suites.

**To book reservations call local phone number 1 (844) 830-4888**  
Use Group Name: **Championnat canadien de taekwon-do ITF 2025**

Check-in time is guaranteed at 4:00 pm, however early check-in needs to be arranged, if possible.  
Check out time is 11:00 am.

**DEADLINE: Rooms must be booked before February 28<sup>th</sup>, 2025.**



## **INSURANCE:**

The Organizing Committee and CTFI are not responsible for any injuries. Participants must have full third-party liability insurance coverage for any injuries they may cause to others. ***All Clubs have provided proof of acceptable insurance as part of their membership renewal in March. Additional proof is not needed.***

## **REGISTRATION:**

Coaches must register all competitors, coaches, photographers, and umpires from their club/school directly using the SportData club account set up for your club/school.

***Note: Coaches, please make it clear to your participants that they must not try to make their own registration – if they do try, it will be rejected.***

***Note: Coaches, Do Not try to enrol via the ITF SportsID system as used for World Cup or World Championships. It will not work. You must use your personal SportData club account.***

For complete instructions showing how to create a club account and register competitors, umpires and coaches, see the additional document “Coaches how to create Club account and register competitors, coaches, umpires and photographers”.

This document is found under the “Downloads” button on the SportData web page for the event or go to this link:

[https://www.sportdata.org/taekwondo\\_itf/set-online/popup\\_main.php?popup\\_action=uploads&vernr=602&ver\\_info\\_action=info#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/set-online/popup_main.php?popup_action=uploads&vernr=602&ver_info_action=info#a_eventhead)

If a coach already has a Club account in SportData, they should re-use that account.

Go to this page to register:

[https://www.sportdata.org/taekwondo\\_itf/set-online/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vernr=602#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=602#a_eventhead)

***Note: Registration Deadline for all Competitors, Coaches and Umpires is April 30, 2025, at 11pm Eastern (Quebec) Time.***



### International ID Number:

Registration will require an “International ID” number for all competitors.

- *Colour Belts:* enter “N/A” as the International ID number.
- *Black Belts:* enter the International ID number found on the Black Belt wallet card (see image below circled in red).



### Coaches note:

1. Degree number (i.e. C-1-1234) is NOT acceptable.
2. “Pending” is NOT acceptable. For competitors who have recently examined for 1<sup>st</sup> Dan Black Belt rank and have not yet received their new wallet card, please request the ID number from Ms. Mazzei at [ctfihq@gmail.com](mailto:ctfihq@gmail.com).
3. The International ID number does not change as a competitor moves up in rank. If their number is 123456 as a 1<sup>st</sup> Dan Black Belt, it will also be 123456 if they are promoted to 2<sup>nd</sup> Dan. Therefore, if they recently have tested and do not have their new card, they can obtain their number from their old wallet card.

### Instructor Check-in:

All instructors or coaches must report to the tournament check-in and pick up the dobok stickers for their competitors and coach passes. Instructors are responsible for making sure competitors have these stickers on their dobok as proof that they are registered competitors.

Instructor/Coach Check-in will be available on Friday May 16, 2025 at the host hotel from 4-6 pm and at the tournament venue on Saturday May 19, 2025 from 7:30 – 8:00 am.



## **Black Belt Card:**

**All Black Belts must show their ITF Black Belt registration card at the Weight Check/Check-in (see below).** A photocopy of the Black Belt certificate showing name, rank and date information as well as the name of the ITF President is acceptable. Any Black Belt without appropriate proof of certification in the ITF will be disqualified with no refund of event fees.

Recently promoted 1<sup>st</sup> Degree Black Belts may not have received their certification cards yet. Instructors must show confirmation from CTFI HQ (Ms. Mazzei) that their new certificate has been requested.

Black Belts not competing in sparring **MUST** check-in and show ID to confirm Black Belt status. Failure to do so will result in disqualification.

## **Declaration of Consent and Data Protection forms:**

NOTE: Declaration of Consent and Data Protection forms are required for all participants in the event including: Competitors, coaches, referees and photographers

Instructors are responsible for downloading *Declaration of Consent and Data Protection* forms and having all competitors/coaches/referees or their legal guardians sign them. Instructors are responsible for sending scanned or photographed images of these files to the Tournament Director. If you are sending 1 file for each document, please include the participant name in the file name. If you are sending a single document with many scanned pages, please put the pages in alphabetical order.

The forms in English and French can be downloaded from here:

[https://www.sportdata.org/taekwondo\\_itf/set-online/popup\\_main.php?popup\\_action=uploads&vern=602&ver\\_info\\_action=info#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/set-online/popup_main.php?popup_action=uploads&vern=602&ver_info_action=info#a_eventhead)

Competitors/coaches/referees/photographers who do not have valid forms submitted to the Tournament Director by the deadline will not be allowed to participate.

***DEADLINE : Declaration of Consent and Data Protection forms must be submitted to Tournament Director by email to [tournamentdirector@ctfi.org](mailto:tournamentdirector@ctfi.org) no later than April 30, 2025 11pm Eastern (Quebec) time.***



## **BLACK BELT WEIGHT CATEGORIES:**

### **Pre-Junior, Junior and Adult Black Belts**

Standard ITF weight categories will apply for initial registration.

### **PRE-JUNIOR (AGE 12-14) WEIGHT CATEGORIES:**

Male:

- (a) Up to 40 kg
- (b) 40.1 to 45 kg
- (c) 45.1 to 50 kg
- (d) 50.1 to 55 kg
- (e) 55.1 to 60 kg
- (f) 60.1 to 65 kg
- (g) Over 65 kg

Female:

- (a) Up to 40 kg
- (b) 40.1 to 44 kg
- (c) 44.1 to 48 kg
- (d) 48.1 to 52 kg
- (e) 52.1 to 56 kg
- (f) 56.1 to 60 kg
- (g) Over 60 kg

### **JUNIOR (AGE 15-17) WEIGHT CATEGORIES:**

Male:

- (a) Up to 50 kg
- (b) 50.1 to 55 kg
- (c) 55.1 to 60 kg
- (d) 60.1 to 65 kg
- (e) 65.1 to 70 kg
- (f) 70.1 to 75 kg
- (g) Over 75 kg

Female:

- (a) Up to 45 kg
- (b) 45.1 to 49 kg
- (c) 49.1 to 53 kg
- (d) 53.1 to 57 kg
- (e) 57.1 to 61 kg
- (f) 61.1 to 65 kg
- (g) Over 65 kg

### **ADULT (AGE 18+) WEIGHT CATEGORIES:**

Male:

- (a) Up to 57 kg
- (b) 57.1 to 63 kg
- (c) 63.1 to 69 kg
- (d) 69.1 to 75 kg
- (e) 75.1 to 81 kg
- (f) 81.1 to 87 kg
- (g) Over 87 kg

Female:

- (a) Up to 50 kg
- (b) 50.1 to 55 kg
- (c) 55.1 to 60 kg
- (d) 60.1 to 65 kg
- (e) 65.1 to 70 kg
- (f) 70.1 to 75 kg
- (g) Over 75 kg

*Note: Coaches please be careful to enter your Black Belt competitors' weight correctly in your SportData club account so the correct category is offered when registering.*

### **Cadet (age 11), Senior (age 36-45) and Veteran (age 46+) Black Belts:**

Competitors in these categories must weigh within +/- 3kg of their registered weight or they will be disqualified.



**\*\*IMPORTANT NOTE for this Nationals\*\*:** Because this is a Selection Nationals used to qualify the members of the Canadian National Team going to the ITF World Championships in Croatia (October 2025), ALL PRE-JUNIOR, JUNIOR AND ADULT BLACK BELTS must register for the weight class they intend to enter for individual free sparring at the 2025 World Championships. At the weight check they must qualify for this weight class and no other.

## Category Merging for Black Belts:

### Free Sparring

Because this event is a qualifier for the 2025 World Cup, there will be no merging of Black Belt Pre-Junior, Junior or Adult Sparring categories.

Any Cadet, Senior or Veteran Black Belt sparring category may be merged if there are two or less competitors. This is to improve competition for the athletes.

### Patterns

Black Belts in Pre-Junior, Junior and Adult Patterns categories will have no merging.

NOTE: Competitors who are alone in their category do not automatically win a gold medal. They must perform their pattern in front of the judges as if in competition. Competitors who score a Zero for both of their pattern performances will not receive a medal.

Any Cadet, Senior or Veteran Black Belt Patterns category may be merged if there are two or less competitors.

## Weight Verification:

All Black Belts (all ages) must have their weight category verified at the weigh-ins. Weigh-in procedure will follow ITF World Championships rules. **ALL Black Belt athletes in ALL weight divisions competing in Individual Sparring** must present themselves and mount the scale for official weight verification.

### The 2023 approved ITF Weight Check procedure will be followed:

For an athlete to compete, their verified weight **MUST** fall within the prescribed minimum and maximum weights.

- The maximum weight is: For the division in which they are officially registered or was merged plus 500 g clothing factor.
- The minimum weight is: For the division in which they are officially registered or was merged minus 4 kg allowed underweight plus 500 g clothing factor. e.g. If the weight division is over 50 kg to 55 kg, the minimum weight is 46.55 kg ( $50 - 4 + 0.5 = 46.5$ , so 46.55 is over 46.5) and the maximum weight is 55.5 kg ( $55 + 0.5 = 55.5$ ).



Official weight checks will take place Friday May 17, 2025, at the host hotel from 4-6 pm and at the tournament venue on Saturday May 18, 2025 from 7:30 – 8:00 am.

Black Belts in Cadet (age 11), Senior (age 36-45) and Veteran (age 46+) categories must be within +/- 3kg of their stated weight or they will be disqualified.

Pre-Junior, Junior and Adult Black Belts (age 12-35) must fall within their registered weight categories, or they will be disqualified.

### **Black Belt Age Categories:**

**Valid Age for Category:** The valid age for all Black Belts will be their age on the first day of the tournament – May 17, 2025.

#### ***Black Belt Age Categories of this event:***

Cadet	age 11
Pre-Junior	age 12-14
Junior	age 15-17
Senior	age 18+
Super Senior	age 36+
Veteran	age 46+

***Note: Black Belts age 36+ may choose to enter the Senior Age 18+ category. This will result in a higher entry fee. Categories (sparring and/or Patterns) for Black Belts age 36+ may be merged if there are less than three competitors.***

### **Colour Belt Age Categories:**

As per CTFI competition rules, the appropriate age division for all competitors will be determined based on the age of the person on the first day of the Tournament – May 17, 2025.

#### ***TKD Kids/Tigers***

A special performance group will be offered for TKD Kid/Tigers age 4-7 (see details below). If there are enough competitors they will be broken in to 2 categories age 4-5 and age 6-7.

#### ***Adapted TKD***

A special performance group will be offered for both Black Belt and Colour Belt Adapted TKD (see details below). Minimum age is 6 years.

#### ***Regular TKD Patterns and Sparring***

Minimum age for competition in these categories is 6 years. Colour Belt age divisions with less than three people may be merged with other groups. Best effort will be made to create categories that are close in rank, age and, for sparring, size.

NOTE: You must select only 1 performance group for your colour belt children. Do not enter them in both TKD Kids/Tigers and Regular TKD.



## TOURNAMENT RULES:

All events at this tournament will follow the Canadian Taekwon-Do Federation International (CTFI) Rules for Coloured Belt Competition and the current version of International Taekwon-Do Federation (ITF) Combined Competition Rules and Regulations. This specifically includes the CTFI Rules for Light Contact Free Sparring.

Copies of these rules are available on the CTFI website under the "[Downloads and Resources](#)" section.

Special additions to the rules are as listed below:

### Patterns

#### Individual Colour Belt Patterns:

Colour Belts will perform 1 optional pattern simultaneously with another competitor. Competitors may perform the pattern of their rank or the pattern immediately below their current rank to accommodate recently promoted students. Coloured Belts may not perform any pattern above that of their current rank.

#### Individual Black Belt Patterns:

Black Belts Pre-Junior, Junior, Adult and Senior will compete 1 to 1 and will perform separately two (2) randomly selected Designated Patterns appropriate to their degree. The first designated pattern will be one of the last three patterns regarding the level of degree. The second designated pattern is from pattern Chon-Ji to the level of degree.

Black Belts Cadet and Veteran will compete 1 to 1 and will perform separately one (1) Designated Pattern selected randomly from one of the last three patterns regarding the level of degree.

*This means that the Black Belt athletes will perform their patterns ONE AT THE TIME: First RED with the first designated pattern, then BLUE with the first designated pattern. Next, again only RED with the second designated pattern and finally BLUE with the second designated pattern.*

Black Belts Senior and Veteran may have categories merged with a different rank. All patterns performed will be selected from the lowest rank in the category. E.g. if a 3<sup>rd</sup> dan and 4<sup>th</sup> dan groups are merged, only 3<sup>rd</sup> dan patterns will be selected for the competition.

If Veterans are merged with Seniors, they will perform separately 2 Designated Patterns as above.



## **Pattern Fouls \*\*\*NEW\*\*\***

As of 2024, ITF has instituted Pattern Fouls for the following infractions in Black Belt Patterns. These will now be followed by CTFI as of 2025:

- Incorrect technical performance of Charyot Sogi (Crossing of arms in preparation; Stamping while coming to attention, etc.)
- Not walking directly from edge of the ring to the pattern starting position
- Performing any stamping actions during entry into the ring
- Pausing during entry or exit from the ring to perform any technique or action
- Unsportsmanlike behaviour (Distracting behaviour at ringside whilst the other competitor performs)

## **Team Patterns Black Belts, Blue/Red Belts**

Categories offered for both Black Belt and Blue/Red Belt are Pre-Junior, Junior, and Adult+. Standard ITF competition rules will apply to all categories.

**NOTE: No Black Belt Team Patterns competitors qualified at 2024 Western or 2024 Eastern Championships so any Black Belt Team Patterns group can enter these categories.**

### *Black Belt Teams:*

Both teams shall perform one (1) optional and one (1) designated Pattern in the following order:

Team 1 – optional pattern

Team 2 – optional pattern

Team 1 – designated pattern

Team 2 – designated pattern

Optional pattern is the team's choice from Chon-Ji to Choong-Moo.

Designated patterns are drawn randomly from Kwang-Gae, Po-Eun or Ge-Baek.

### *Colour Belt Teams:*

Both teams shall perform one (1) optional Pattern in the following order:

Team 1 – optional pattern

Team 2 – optional pattern

Optional pattern is the team's choice from Chon-Ji to Choong-Moo. However, the team cannot perform any pattern higher than that allowed for their lowest ranked competitor.

NOTE: Teams who are alone in their category do not automatically win a gold medal. They must perform their pattern in front of the judges as if in competition. Teams who score a Zero for both their pattern performances will not receive a medal.



## **Pattern Fouls \*\*\*NEW\*\*\***

As of 2024, ITF has instituted Pattern Fouls for the following infractions in Black Belt Team Patterns. These will now be followed by CTFI:

- Incorrect technical performance of Charyot Sogi (Crossing of arms in preparation; Stamping while coming to attention, etc.)
- Not walking directly from edge of the ring to the pattern starting position
- Performing any stamping actions during entry into the ring
- Pausing during entry or exit from the ring to perform any technique or action
- Unsportsmanlike behaviour (Distracting behaviour at ringside whilst the other competitor performs)

## **Prearranged Sparring**

Categories offered for both Black Belt and Blue/Red Belt are Pre-Junior, Junior, and Adult+. Standard ITF competition rules will apply to all categories.

Teams may be Female-Female, Male-Male or mixed Female-Male.

**NOTE: Black Belt Prearranged Sparring teams qualified at 2024 Westerns and 2024 Easterns as follows:**

Adult+ category:

1. East: Arcan TKD
2. West: Merritts Ultimate TKD.

Junior category:

1. East: MacKenzie Atlantic TKD

This means that only teams in the following categories can enter:

Pre-Junior: East and West

Junior: West

NOTE: Teams who are alone in their category do not automatically win a gold medal. They must perform their pattern in front of the judges as if in competition. Teams who score a Zero for performance will not receive a medal.

## **Prearranged Sparring Fouls \*\*\*NEW\*\*\***

As of 2024, ITF has instituted Pattern Fouls for the following infractions in Black Belt Prearranged Sparring. These will now be followed by CTFI:

- Incorrect technical performance of Charyot Sogi (Crossing of arms in preparation; Stamping while coming to attention, etc.)
- Not walking directly from edge of the ring to the pattern starting position
- Performing any stamping actions during entry into the ring
- Pausing during entry or exit from the ring to perform any technique or action
- Unsportsmanlike behaviour (Distracting behaviour at ringside whilst the other competitor performs)



## Free Sparring

### Duration of matches:

Coloured Belts	1 round of 2 minutes.
Black Belts Pre-Junior, Junior, Adult	2 rounds of 2 minutes.
Black Belts Cadet, Senior, Veteran	2 rounds of 1.5 minutes

*Note: Breaks between rounds will be 1 minute in all cases.*

### Round Robin Competition:

To improve the competition experience, all Black Belt individual free sparring categories Pre-Junior, Junior and Adult will have the 4 semi finalists fight in a Round Robin format.

Categories with 4 or less entries will go straight into the Round Robin competition.

Categories with more than 4 competitors will see a Single Knockout (SKO) elimination to determine the 4 semi-finalists to enter the Round Robin finals. Normal “byes” will apply in the SKO elimination. CTFI Ranking will be applied as normal to determine seeding in the SKO elimination draws.

### Safety Equipment:

#### *Mandatory Safety equipment:*

- Hand, Foot and Head guards of an approved type (see below);
- Mouth guard – must be transparent with no colours;
- Groin protection for all males (must be worn inside the trousers);

#### *Optional Safety equipment:*

- Shin protectors of an approved type (no hard materials);
- Groin protection or chest protection for females (must be worn inside the dobok)
- Approved soft frame, prescription sport glasses. Written approval must have been requested and granted from the CTFI Tournament and Umpire Committee prior to the event.

### Approved types of sparring safety equipment:

Black Belts competing in the Pre-Junior, Junior and Senior divisions must have hand, foot and head protectors approved by ITF for international competition. Full details of approved equipment are found in the ITF Combined Competition Rules and Regulations.

Pre-Junior, Junior and Senior Black Belts must wear either red or blue hand/foot/head protectors depending on their position in the draw. Pre-Junior, Junior and Senior Black Belts must have sets of both colours available.

Coloured Belts (all ages) and Black Belts Cadet/Senior/Veteran (age 11 and 36+) may wear ITF approved gear or the standard foam safety gear such as Macho or Century. Any colour is allowed for this group, but we recommend red or blue (if you have it) to help the umpires.

No jewellery, piercings, watches or other adornments may be worn; hair may be kept in place using a material of a soft elastic nature only. Hard materials (e.g. plastic, wood or metal) are not allowed.



Any other equipment requests must be sent to the CTFI Umpire Committee for review and approval.

*Note: Students must compete with required safety equipment that is in good condition and covers the toes, fingers, and heels properly. Students without required equipment may be disqualified. Competitors sharing properly sanitized equipment is acceptable.*

## **Power Breaking**

Power Breaking will be open only to Black Belts age 15+.

Power breaking competition for all Black Belts Junior and Adult will follow the ITF rules for World Championships competition - Section IV. Competitors will attempt 5 breaks specified by the rules. **Board counts** will be set at the ITF World Championships standards with no reduction.

Power breaking competition for all Black Belts Senior and Veteran will follow the ITF rules for World Cup competition - Section IV. Competitors will attempt 2 breaks specified by the rules. **Board counts** will be set at the ITF World Cup standards with no reduction.

**NOTE: In all Power Breaking categories, competitors must successfully make at least 1 point to qualify for a medal.**

## **Special Technique Breaking**

Special Technique Breaking will be open to Blue Belts and above, age 12 and above.

Special Technique breaking for all Black Belts Pre-Junior, Junior and Senior will follow the ITF rules for World Championships competition - Section V. Competitors will attempt 5 breaks specified by the rules. **Board heights** will be set at ITF World Championships standards with no reductions.

Special Technique breaking competition for all Age Groups of Blue/Red Belts and all Black Belts Senior and Veteran will follow the ITF rules for World Cup competition - Section V. Competitors will attempt 2 breaks specified by the rules. **Board heights** will begin at ITF World Cup standards with no reductions..

**NOTE: In all Special Technique categories, competitors must successfully make at least 1 point to qualify for a medal.**



## Competitor Dress Code:

### *Dobok*

Competitors must wear the internationally approved ITF dobok from a recognized manufacturer. ***Old style doboks without the ITF Coloured Fist shall not be worn.*** No extra stripes or insignia shall be worn.

### *Belt*

All Black Belt and Colour Belt competitors must wear belts that conform to International Taekwon-Do Federation (ITF) Combined Competition Rules and Regulations. No extra stripes or long horizontal stripes shall be worn.

### *Undergarments*

Competitors may wear head/neck coverings which must conform to International Taekwon-Do Federation (ITF) Combined Competition Rules and Regulations.

### *Taping*

Tape/soft bandaging/soft strapping may be used for medical or first aid reasons as described in the International Taekwon-Do Federation (ITF) Combined Competition Rules and Regulations. Any taping must be inspected and approved by the CTFI Tournament and Umpire prior to competition.

All competitors' safety equipment, glasses, protective wear, taping/bandaging/strapping, clothing and/or accessories/adornments may be subject to inspection and approval or rejection by either the CTFI Tournament/Umpire Committees. Determination of the committee involved is final and binding.

## Team Sparring

If time allows, there will be Team Sparring matches. Sparring Teams will be organized by Coaches/Instructors/Competitors during the event. Teams must be submitted to the Tournament Director no later than 12pm on Sunday May 18, 2025.

There are no entry fees for this event. There may be no medals, only some thrilling competition experience and bragging rights for your Club or Province.

## TKD Kids (Tigers, Cubs, Champs, etc. )

These events are designed to introduce students ages 4-7 to concepts of competition even though they are not yet performing patterns or free sparring as part of their current curriculum. Entry in the TKD Kids category automatically gives competition in both of the events listed below.

This will be a mixed female/male category.



NOTE: Competitors age 6+ who are training in the standard ITF Taekwon-Do program should not enter this category. Competitors under age 6 must enter these categories even if they are training in the ITF standard program.

### ***“Kids Patterns” – Single Elimination***

Competitors compete 2 at a time performing simultaneously. They will be asked to demonstrate each of the following fundamental movements that are found in the official ITF Kids Course.

Judges will give commands.

1. walking stance middle punch
2. walking stance low block
3. walking stance rising block
4. walking stance front snap kick

Judging will be based on technique and power. The panel of judges will decide by show of flags which player wins and moves on to the next round. Medals will be awarded for first, second and 2 x third place.

Note: The techniques may be demonstrated by a ring council member if the player is having difficulty.

### ***Belt Tag “Sparring” – Single Elimination***

Players will each have 2 flags attached to a belt around their waist. The goal is to take a flag from the other competitor. Each flag captured will result in a single point. Play will be stopped with the capture of a flag to replace the flag and then restart play.

The player with the most points at the end of the round will be declared the winner. Round length: 60 seconds

Warnings will be issued for the following infractions:

- Running away from the opponent
- Falling
- Leaving the ring
- Grabbing or holding any part of the uniform or body other than the flag of the opponent
- Kicking, punching or contacting any part of the body with the intent to cause harm
- Verbally disputing a decision of the referee

3 warnings will result in the loss of one point from the player’s total.

**\*COACHES NOTE Helmets are mandatory for this event – competitors must provide their own helmet.\***



## Adapted Taekwon-Do / Special Needs Categories

The purpose of these events is to give our special needs students a platform to showcase their skills and give them an opportunity to experience competition. All participants will receive a medal for each category they enter.

### 1. Categories.

There are 2 category options each for Black Belt and Colour Belt competitor. You can select 1 or both categories when you register your competitor for the event. Participation fee will be \$40 for one category or \$75 for both.

#### a) *Adapted Solo Patterns (mixed female/male) – Colour Belt or Black Belt*

For this event the competitor performs the pattern of their choice for their rank. It is to be performed on their own. The pattern can be adapted to their specific needs and abilities but should be easily distinguished as an ITF system pattern.

*Coaching during the performance is allowed by voice and action but the coach cannot perform the entire pattern at the same time with the competitor.*

*Competitors will come up in pairs, but will perform their pattern individually and not simultaneously with another competitor.*

Winners will be determined by judges who are looking for the correct pattern diagram, correctness of technique, and power.

#### b) *Mixed Abilities (mixed female/male) – Colour Belt or Black Belt*

For this event, the competitor performs with a partner of their choice who knows about their abilities and limitations.

The partner will help the competitor display Taekwon-Do and/or Martial Arts skills. Vocal and physical cues may be used. The partner may be anyone including a fellow student, the competitor's coach, instructor, trainer, etc.

Rehearsed or unrehearsed routine is allowed. Competitors & partners may use props such as boards for breaking, or kicking pads and punch mitts.

The demonstration should run a minimum of 45 seconds to a maximum 60 seconds. Timer starts at "Sijak" and ends at "Goman". This timing is a guideline for the performance and not a strict requirement. It is acceptable if competitor deviates by a few seconds either way.

Winners will be determined by judges who are looking for the greatest range of Taekwon-Do techniques and abilities and how well they are performed.



## 2. Developmental Conditions

Competitors with any of the following conditions are allowed:

- **Motor/Physical Impairment:** Including loss, malformation or abnormality in the skeletal, muscular or neurological systems responsible for body motion. E.g. Those suffering polio, spinal cord injuries, paralysis, amputations.
- **Sensory Impairment:** For those with severe visual impairments, severe hearing impairments and those with language and communication disabilities that prevents them from competing in regular competition divisions. E.g. Blind, deaf, mute.
- **Intellectual Impairment:** For those characterized by limited higher mental functions (intelligence, language, learning, etc ) as well as motor functions. This covers a wide variety of diseases and disorders including Down Syndrome, Autism, Cerebral Palsy, Asperger, Tourettes, to name a few.

## 3. Proof of Condition/Diagnosis

Coaches/Parents must provide information to confirm that the competitor's condition meets the above requirements, which includes documentation of the diagnosis. This must be done using the online form found at:

<https://form.jotform.com/241666102412244>

**DEADLINE:** Condition forms must be completed no later than April 30, 2025 at 11pm Eastern (Quebec) time. Competitors without proof of condition/diagnosis will not be allowed to participate.

**NOTE:** All condition forms and information will be deleted shortly after the event, May 18 and 19, 2025.

## Awards:

For all patterns categories, four medals will be awarded for each competition category: gold, silver and two bronzes.

For Adapted and TKD Kids categories, four medals will be awarded for each competition category: gold, silver and two bronzes. This includes TKD Kids Patterns and Flag Sparring as separate categories.

For all sparring categories for Colour Belt and Black Belt Cadet, Senior and Veteran, four medals will be awarded for each competition category: gold, silver and two bronzes.

For Black Belt Pre-Junior, Junior and Senior sparring Round Robin Finals categories, three medals will be awarded for each competition category: gold, silver and one bronze.

Medals for all competitors and events will be presented immediately after completion of their events at an award podium set up at the competition venue. It will be arranged so that supporters can get close to take good photographs.



## **Protests:**

Protests can only be made in Black Belt matches when a decision or procedure seems to violate the rules. Only the Coach for a competitor can present a protest. All protests must be written on the official Protest Form (provided at each ring) and must be presented to the Jury President of the ring within 5 minutes of the end of the match in question. The Umpire Committee will rule on all protests. The protest tax for this event is set at CAD\$100.

## **Umpires:**

*“It is our mission to provide a safe, fair, exciting and efficient competition for all students.”*

### **Full-Time Umpires:**

STFI and the CTFI are working very hard to produce a great event with a high calibre of competition that will be safe, fair and enjoyable for all participants. To have a successful event, it is critical that we have a strong team of full-time umpires and officials.

Full-time umpire = An umpire who is dedicating the length of the tournament to officiating. They are not signed up as a coach, competitor or any other role within the tournament. Full Time Umpires will receive an honourarium for their efforts.

They must be registered by their Instructor using their club account.

For complete instructions showing how to create an account and register umpires, see the additional document *“Coaches how to create Club account and register competitors, coaches, umpires and photographers”*. This document is found under the “Downloads” button on the SportData web page for the event or go to the link here:

[https://www.sportdata.org/taekwondo\\_itf/set-online/popup\\_main.php?popup\\_action=uploads&vern=602&ver\\_info\\_action=info#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/set-online/popup_main.php?popup_action=uploads&vern=602&ver_info_action=info#a_eventhead)

**Note: Full-time Umpire Registration Deadline: April 30, 2025, at 11pm Eastern (Quebec) Time.**

### **Competitor/Coach Umpires:**

All Black Belts (age 16 +) are required to be ready to assist with umpire duties at this tournament. Depending on requirements, not all qualified competitors will be selected to act as umpires.

All Umpires, full-time and selected competitors, will receive a complimentary lunch on the days of competition.

All Umpires must attend the Black Belt meetings to be held at the beginning of the tournament at the time noted in the schedule above.



### All Umpires must wear official ITF dress:

- White Shirt;
- Blue Tie;
- Blue Pants (no jeans);
- Blue suit jacket;
- White athletic shoes;
- or
- Full ITF Dobok (no track jackets) with white athletic shoes.

No other clothing will be permitted (i.e. Casual or club apparel)

### COACHES NOTE:

**Black Belts who do not participate in umpiring as selected and assigned will not be allowed to compete or coach. Registration of Black Belts Competitors and Coaches and will be used to create the Umpires list.**

### Coaches and club photographers:

At this event, coaches will be allowed for both Coloured Belts and Black Belt competition.

For safety and efficiency, only competitors, officials, volunteers, accredited coaches and accredited photographers will be allowed to enter the competition floor. All will require accreditation passes.

***Coach/Photographer Registration Deadline: April 30, 2025, at 11pm Eastern (Quebec) Time.***

All Coaches and photographers must be registered on-line using the SportData system via their club account. For complete instructions showing how to create an account and register coaches/photographers, see the document “*Coaches how to create Club account and register competitors, coaches, umpires and photographers*”. This document is found under the “Downloads” button on the SportData web page for the event or go to the link here:

[https://www.sportdata.org/taekwondo\\_itf/set-online/popup\\_main.php?popup\\_action=uploads&vern=602&ver\\_info\\_action=info#a\\_eventhead](https://www.sportdata.org/taekwondo_itf/set-online/popup_main.php?popup_action=uploads&vern=602&ver_info_action=info#a_eventhead)

### Head Coach:

Each School will be allowed one (1) senior Black Belt eligible to coach both Colour Belts and/or Black Belts. This person is the designated "Head Coach" for each school.

Head Coaches will not be asked to officiate for Coloured Belt competition nor for Black Belt sparring competition. ***Please note that all Head Coaches with rank of 4th degree or higher will be required to judge the Black Belt patterns competition. Those who do not present themselves for umpiring will have their passes revoked.***

The fee for the "Head Coach" is \$50.



## **Coloured Belt Coaches:**

Coaches for Coloured Belts will help them have a more positive experience and ensure they get to the proper location on time. Coaches for Coloured Belts also offer a safety factor during a sparring match.

**Because all Black Belts age 16+ may be required to officiate during the Coloured Belt competition, only Black Belts aged 15 and under or Coloured Belts of any age will be allowed to coach Coloured Belts.**

There is no limit to the number of colour belt coaches that meet the above restrictions. The fee for a Colour Belt coach is \$30.

***\*\*Note: Instructors, it is very important that any of your students acting as coaches must be aware of and follow the correct protocol for interaction with officials. Before the Championships, please instruct any of your members who will be coaching.\*\****

## **Black Belt Sparring Coaches:**

Black Belt Coaches may be any person regardless of rank. ***Note: Black Belt Coaches age 16+ will be required to judge for Colour Belt competition. If they hold rank of 4th degree or higher they will also be required to judge Black Belt patterns.*** Black Belt Sparring Coaches will not be asked to judge for Black Belt Sparring.

The fee for Black Belt coaches is \$50.

### ***NOTE: Black Belt Sparring Coach limit:***

Each Club/Dojang may have one Black Belt Coach (including Head Coach) for every four Black Belts registered for competition. E.g. a Club with 10 Black Belts entered in competition may have up to 3 Black Belt coaches, including the Head Coach.

## **Coaching Rules:**

For individual or team competition there will be only one (1) Head Coach or Colour Belt Coach or Black Belt Sparring Coach close to the square. During the tournament, coaches must wear an athletic training suit, gymnastic shoes, carry a towel and have medical exam gloves on their person. Coaches may alternatively wear an ITF official dobok covered with a track jacket.

**NOTE: Coaches will be required to present their Coaches ID to the Jury for verification.**

Coaches will be seated at least one (1) meter away from the square. They must not interfere in the competition by action or words. They are the only ones allowed to present an official protest.

Failure to abide by the above-mentioned rules may render the coach liable to be disqualified from his/her advisory position.



## **Photographers:**

Any school or club may apply for accreditation for photographers to have access to the competition floor to take photos of their participants.

***Note: This is not meant as a pass to exempt Black Belts from judging. Under no circumstances will active, training Black Belts age 16 and above be allowed to be photographer. If Black Belts are not competing, they are expected to sign up as full-time umpires.***

All Photographers must be registered on-line using the SportData system via the club account.  
**Coach/Photographer Registration Deadline: April 30, 2025 at 11pm Eastern (Quebec) time.**

