

2019 Alberta Open General Information



Date/Venue:

- Saturday, May 25, 2019
- MacEwan University Sport and Wellness Centre, 10800 - 104 Avenue, Edmonton

Divisions:

- WT Colour Belt Poomsae for Individuals, All Ages
- WT Black Belt Recognized Poomsae for Individuals, Pairs and Teams
- WT Black Belt Freestyle Poomsae for Individuals
- WT Sparring - Single Elimination
All Ages Colour Belts, Black Belts: Senior (ages 17 - 32), Junior (ages 15 - 17), Cadet (ages 12 - 14), Youth (age 11 and under), and Ultra (aged 33+). Black Belt divisions determined by year of birth - see attached.
- If you are a Junior athlete who wishes to compete in both Junior and Senior sparring divisions, you must register and pay twice.
- If you are a Black Belt age 33 or over who would like to compete in the Senior sparring division, please register using a birth date and age that will be 17 to 32 years old.
- **Online Registration will be open from April 1st to May 21st at <https://www.gifttool.com/registrar/ShowEventDetails?ID=2008&EID=26930>**

Registration Fees:

- Color Belt Fee: \$70.00 for one event, \$75.00 for two events
- Black Belt Individual Fee: \$70.00 one event, \$75.00 two events, \$80.00 three events
- Pairs Poomsae Fee: \$85.00/pair
- Team Poomsae Fee: \$100.00/team

Host Hotel:

- Coast Edmonton Plaza Hotel, 10155 - 105 Street, Edmonton
- \$119.00/night available until April 24, 2019
- Use booking link <http://coa.st/osyi> or call 1-800-663-1144 and mention the group code **CEP-GFC18115** or Alberta Open Taekwondo Championship

Schedule Information:

- **Mandatory Black Belt weigh-ins** will be held Friday, May 24th from 6:30pm - 7:30pm at the Coast Edmonton Plaza Hotel, Lakeland Room, 10155 - 105 Street, Edmonton. **Failure to make weight in the Registered Division will result in disqualification.**
- Coaches' Meeting 9:30am
- Color Belt Divisions begin at 10:00am
- Black Belt Poomsae Divisions begin at 10:00am
- Black Belt Sparring Divisions begin at approximately 2:00pm

Competitor Eligibility:

- Canadian Athletes and Coaches must be a member of Taekwondo Canada and their respective Provincial organization

Rules:

- Current WT rules will be in effect for Cadet, Junior and Senior Black Belt Divisions
- WT rules with no head contact for divisions not noted above

Weight Classes:

- WT weight classes will be used for Cadet, Junior and Senior Black Belt Divisions

Coaching Requirements (Alberta Coaches Only):**To Coach Colored Belts at the 2019 Alberta Open (must be ATA/TC Member)**

- 16 years +
- Red Belt and higher
- TC Assistant Instructor (AI) Workshop (Trained)
- ATA Provincial Referee Course Certificate
- Dress Code: Track Suit or Semi-casual

To Coach Black Belts at the 2019 Alberta Open (must be ATA/TC Member)

- 1st Dan or higher (16 years + as per NCCP Standard)
- Assistant Instructor (AI) Certified
- Dojang Coach (DC) Certified
- Making Headway: NCCP Concussion Module
- Coaching Association of Canada (CAC) Member
- Dress Code: Track Suit or Semi-casual

Equipment:

- Competitors must provide their own protective equipment: arm, foot, groin, head, chest guards and mouth guards are mandatory.
- **KP&P will be the official scoring system used at the 2019 Alberta Open for Black Belt sparring divisions. Black Belt competitors are required to have KP&P socks, which can be purchased from Captain Sports at <http://captainsports.ca>. Socks will not be available for purchase at the tournament site.**



Poomsae Competition - 2019

Recognized Poomsae: Individual*

Division	Born	Compulsory Poomsae
Youth	2008 – 2009	T4 to Koryo
Cadet	2005 – 2007	T4 to Keumgang
Junior	2002 – 2004	T4 to Taeback
U30	1989 – 2001	T6 to Shipjin
U40	1979 – 1988	T6 to Shipjin
U50	1969 – 1978	T8 to Chonkwon
O50	1968 and earlier	Koryo to Hansu

Recognized Poomsae: Pair and Team*

Division	Born	Compulsory Poomsae
Youth	2008 – 2009	T4 to Koryo
Cadet	2005 – 2007	T4 to Keumgang
Junior	2002 – 2004	T4 to Taeback
U30	1989 – 2001	T6 to Shipjin
O30	1988 and earlier	T8 to Chonkwon

* 48 hours prior to the competition, Poomsae Selections for each category will be posted on the ATA's website.

Freestyle Poomsae: Individual**

Division	Born
U17	2002 – 2007
O17	2001 and earlier

** Please bring a copy of your music to the event on a USB drive.



Black Belt Weight Divisions - 2019

Weight Classes for Seniors Ages 17+ (Born 2002 and earlier):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 54 kg	Under 46 kg
Fly	54 – 58	46 – 49
Bantam	58 – 63	49 – 53
Feather	63 – 68	53 – 57
Light	68 – 74	57 – 62
Welter	74 – 80	62 – 67
Middle	80 – 87	67 – 73
Heavy	Over 87 kg	Over 73 kg

Weight Classes for Juniors Ages 15 - 17 (Born 2002 - 2004):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 45 kg	Under 42 kg
Fly	45 - 48	42 - 44
Bantam	48 - 51	44 - 46
Feather	51 - 55	46 - 49
Light	55 - 59	49 - 52
Welter	59 - 63	52 - 55
Light Middle	63 - 68	55 - 59
Middle	68 - 73	59 - 63
Light Heavy	73 - 78	63 - 68
Heavy	Over 78	Over 68

Weight Classes for Cadets Ages 12 - 14 (Born 2005 - 2007):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 33 kg	Under 29 kg
Fly	33 - 37	29 - 33
Bantam	37 - 41	33 - 37
Feather	41 - 45	37 - 41
Light	45 - 49	41 - 44
Welter	49 - 53	44 - 47
Light Middle	53 - 57	47 - 51
Middle	57 - 61	51 - 55
Light Heavy	61 - 65	55 - 59
Heavy	Over 65kg	Over 59kg

Weight Classes for Youth Ages 10 - 11 (Born 2008 - 2009):

	Men's Weight Divisions	Women's Weight Divisions
Fin	Under 30 kg	Under 30 kg
Light	30 - 35	30 - 35
Middle	35 - 40	35 - 40
Heavy	Over 40 kg	Over 40 kg