

# 2023 Alberta Open General Information



Online Registration will be open from February 1st to March 20th, 2023 at <https://www.gifttool.com/registrar/ShowEventDetails?ID=2008&EID=30701>

## Date/Venue:

- Saturday, March 25, 2023
- MacEwan University David Atkinson Gymnasium, 10800 - 104 Avenue, Edmonton
- Doors open at 8:30am - Spectator admission \$5.00 (5 and under free)

## Divisions:

- WT Colour Belt Poomsae for Individuals, All Ages
  - WT Black Belt Sport Poomsae for Individuals, Pairs and Teams
  - WT Black Belt Freestyle Poomsae for Individuals, Pairs and Teams
  - WT Sparring - Single Elimination
- Colour Belt: All Ages  
Black Belt Recreational: NO head contact for Senior, Junior and Cadet  
Black Belt High Performance: Senior, Junior, Cadet, Youth and Ultra (aged 33+)

**Black Belt poomsae divisions** determined by year of birth (see below):

### Competition Year 2023

<b>Youth</b>	born in 2012 and later
<b>Cadet</b>	born in 2009-2011
<b>Junior</b>	born in 2006-2008
<b>U30</b>	born in 1993-2005
<b>U40</b>	born in 1983-1992
<b>U50</b>	born in 1973-1982
<b>U60</b>	born in 1963-1972
<b>U65</b>	born in 1958-1962
<b>O65</b>	born 1957 and earlier

**Categories are based on the year in which the contestant was born, rather than their current age.**

**Black Belt sparring divisions** determined by year of birth (see below):

### Competition Year 2023

<b>Youth</b>	born in 2012 and later
<b>Cadet</b>	born in 2009-2011
<b>Junior</b>	born in 2006-2008
<b>Senior</b>	born in 1991-2005
<b>Ultra</b>	born in 1990 and earlier

**Categories are based on the year in which the contestant was born, rather than their current age.**

- 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 year between 1991 and 2005.

### Registration Fees:

- Color Belt Fee: \$70.00 for one event, \$75.00 for two events
- Black Belt Individual Event Fee: \$70.00 one event, \$75.00 two events, \$80.00 three events (individual sparring, sport poomsae and/or freestyle poomsae)
- Pairs Poomsae Fee: \$85.00/pair
- Team Poomsae Fee: \$100.00/team

### Host Hotel:

- MacEwan University Guest Accommodation Services
- <http://www.macewan.ca/campus-life/guest-accommodation-services/guest-rooms/>
- Call 780-633-3623 or email [stay@macewan.ca](mailto:stay@macewan.ca) and mention 'Alberta Taekwondo Association' for affiliate rate

### Schedule Information:

- **Mandatory Black Belt weigh-ins** will be held Saturday, March 25th from 12:00pm - 1:00pm at the MacEwan University Sport and Wellness Centre. **Failure to make weight in the Registered Division will result in disqualification.**
- Referee Meeting 9:00am
- 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 (September 1, 2022) will be in effect for Cadet, Junior and Senior Black Belt Divisions
- WT rules with no head contact for divisions not noted above
- Best of 3 system for all divisions

### 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 2023 Alberta Open (must be ATA/TC Member) (REQUIREMENTS TO COACH COLOR BELTS SUSPENDED TO AUGUST 31, 2023)**

- 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 2023 Alberta Open (must be ATA/TC Member)**

- 1st Dan or higher (16 years + as per NCCP Standard)
- 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 2023 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.**
- WT Black Belt Sparring and Sport Poomsae Uniforms are **recommended but not mandatory**

Uniform – sport poomsae uniform as per World Taekwondo rules



\* Master categories are U60 and older