

2024 Alberta Open General Information



Online Registration will be open March 15th. **DEADLINE** to register is Tuesday, April 30th. Registrations **will not** be accepted after the deadline date.

- Color Belt: <https://forms.gle/cA8Do7o68in3we8b6>
 Black Belt: <https://forms.gle/p8MkxWuv5Z2v5T49>
 Coaches: <https://forms.gle/ZX71rNCPcHT1KEeu9>
 Referees: <https://forms.gle/56nzzAcLKJ1mi6A57>

Date/Venue:

- Saturday, May 4, 2024
- Strathmore Motor Products Sports Center, 1150 Edgeview Road, Strathmore, AB
- Doors open at 8:00am - Spectator admission \$5.00 (5 and under free)

Divisions:

Recreational Poomsae (Colour Belt and Black Belt) - Individual

- All belt levels, all ages
- Competitor performs one poomsae according to belt level
- Uniform is any style white Taekwondo dobok, appropriate belt, bare feet

Black Belt Sport Poomsae – World Taekwondo poomsae rules (May 14, 2019)

- Recognized poomsae – draws will be published by May 1st
 - Individual: Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65
 - Teams and Pairs: Youth, Cadet, Junior, U30, O30
 - Pairs consist of one male and one female competitor
 - Teams consist of three competitors of the same gender

Black Belt poomsae competitors may register in either Recreational or Sport Poomsae, not both.

Competition Year 2024 Black Belt Sport Poomsae divisions - categories are based on the year in which the contestant was born.

Individual

Youth	born in 2013 and later
Cadet	born in 2010-2012
Junior	born in 2007-2009
U30	born in 1994-2006
U40	born in 1984-1993
U50	born in 1974-1983
U60	born in 1964-1973
U65	born in 1959-1963
O65	born 1958 and earlier

Pairs and Team

Youth	born in 2013 and later
Cadet	born in 2010-2012
Junior	born in 2007-2009
U30	born in 1994-2006
O30	born in 1993 and earlier

Freestyle

U17	born in 2007 - 2012
O17	born in 2006 and earlier

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

Recreational Sparring Divisions

- o Colour Belt Sparring
 - All ages, all belt levels
 - NO head contact allowed

- o Black Belt Recreational Sparring
 - All ages
 - NO head contact allowed

Sanctioned Black Belt Sparring - Single Elimination Format

Black Belt sparring competitors may register in either Recreational or Sanctioned sparring, not both.

Competition Year 2024 Black Belt sparring divisions - categories are based on the year in which the contestant was born.

Youth	born in 2013 and later
Cadet	born in 2010-2012
Junior	born in 2007-2009
Senior	born in 1992-2007
Ultra	born in 1991 and earlier

Registration Fees:

- Color Belt Fee: \$90.00 for one event, \$100.00 for two events
- Black Belt Event Fee: \$90.00 one event, \$100.00 two events, \$110.00 three events, \$120.00 four events
- **Payment to be made by e-Transfer to admin@taekwondoalberta.com.** Athlete registration will not be completed if e-Transfer is not received within 24 hours of registration. **INCLUDE Name of Athlete in e-Transfer.**

Host Hotel:

- Days Inn & Suites by Wyndham Strathmore
<http://www.wyndhamhotels.com/hotels/39451?checkInDate=05/03/2024&checkOutDate=05/05/2024&groupCode=050324TAE>
- Call 403-934-1134, Group Confirmation Code: (050324TAE)

Schedule Information:

- **Mandatory Black Belt weigh-ins** will be held Saturday, May 4th from 12:00pm - 1:00pm at the Strathmore Motor Products Sports Center. **Failure to make weight in the Registered Division will result in disqualification.**
- Referee Meeting 8:00
- Coaches' Meeting 8:30am
- Color Belt Divisions begin at 9:30am (competitors should be at rings at 9:15am)
- Black Belt Poomsae Divisions begin at 9:30am
- 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, 2023) 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 and combined as follows:

Cadet Male: -33kg & -37kg, -41kg & -45kg, -49kg & -53kg, -57kg & -61kg, -65 & +65kg
Cadet Female: -29kg & -33kg, -37kg & -41kg, -44kg & -47kg, -51kg & -55kg, -59kg & +59kg
Junior Male: -45kg & -48kg, -51kg & -55kg, -59kg & -63kg, -68kg & -73kg, -78kg & +78kg
Junior Female: -42kg & -44kg, -46kg & -49kg, -52kg & -55kg, -59kg & -63kg, -68kg & +68kg
Senior Male: -54kg & -58kg, -63kg & -68kg, -74kg & -80kg, -87kg & +87kg
Senior Female: -46kg & -49kg, -53kg & -57kg, -62kg & -67kg, -73kg & +73kg

Athletes are required to register and weigh in for a single (not combined) weight division.

Coaching Requirements (Alberta Coaches Only):**To Coach Colored Belts at the 2024 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 2024 Alberta Open (must be ATA/TC Member)

- 1st Dan or higher (16 years + as per NCCP Standard)
- Dojang Coach (DC) Certified or Trained
- 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 (white or clear) are mandatory.
- **PLEASE NOTE:** Competitors who are **wearing braces** on their teeth must produce a letter from their dentist to certify the mouth guards being worn are safe for Taekwondo competition. There should be top and bottom mouth guards if there are braces on top and bottom teeth.
- KP&P will be the official scoring system used at the 2024 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>. KPNP socks will also be available for purchase from the Captain Sports booth at the tournament venue.**