

Information Package

April 5, 2025 – Airdrie Alberta

FINISH STRONG

THE LAST MEDAL

The Ultimate Victory

APOLLO
TAEKWON-DO



PROUDLY PRESENTS

THE LAST OF THE SERIES

PROVINCIALS

**THIS IS YOUR LAST CHANCE TO COMPLETE YOUR
MEDAL SERIES AND CLAIM THE ULTIMATE HONOR!**

5 APRIL 2025

GENESIS PLACE

8:30 AM

AIRDRIE, ALBERTA

403.998.8536

www.aitfc.ca/events





**APOLLO
TAEKWON-DO**



2024 ITF Taekwon-Do Provincial Championships

April 5, 2025

@ Airdrie Genesis Place

Dear Masters and Instructors,

We are very excited to invite you to participate in the 2025 Alberta Provincial Taekwon-Do Championships to be held in Airdrie AB at the Genesis Place on April 5, 2025. All Alberta CTFI coloured belts, ages five and up, and black belts 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 an excellent level of competition and sportsmanship, demonstrating the true spirit of the original ITF Taekwon-Do.

For the 2025 Alberta Provincial Championships, we are also pleased to provide the following features to the tournament program:

- All participants will be able to register by themselves!
- Power Breaking for Black Belts only (ages 15+) and Special Technique Breaking for Black belts and Colour Belts (Blue Belt and higher age 12+).

For more information on rules, etc, we invite you to go on the [CTFI website](#), where information will be updated as it is available. All ITF/CTFI rules, as well as the Team Manual, can be found on the CTFI website under the "[Downloads and Resources](#)" page.

All instructors are highly encouraged to become familiar with all the most up to date rules as outlined by the ITF, and we stress the importance of relaying all important information to their club members.

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

Sincerely,

Apollo Taekwon-Do
Host of the 2024 Alberta Provincial Championships

Grant Arden, VII Dan
Chassity Arden, V Dan

SCHEDULE OF EVENTS

Please note these are tentative, the schedule is subject to change once all registrations have been received

No Black Belt Weight Check

Sat, April 5th

(Venue)	7:30am-8:15am	All competitors arrive
	8:00am	Black Belt/Umpire Meeting
Airdrie Genesis Place	8:30am - 9:00am	Opening Ceremonies (Includes 5 minutes to take team pictures)
800 East Lake Blvd NE,	9:00am-2:00pm	Colour Belt patterns/sparring competition
Airdrie, AB T4A 2K9	9:30am-2:00pm	Breaking Black Belts (Specialty & Power)
	2:00-4:00pm	Specialty Breaking begins for all Colour Belts
	4:00-7:00pm	Black Belt Individual Sparring

Entry Fees:

Coloured Belts (all) Patterns and/or Sparring.....	\$65
Sr. & Veteran Black Belts (age 36+) Patterns and/or Sparring.....	\$65
Pre-Jr., Jr. & Adult Black Belts (age 12-35) Patterns and/or Sparring.....	\$65
Specialty Breaking (Blue Belt+ age 12+).....	\$20
Power Breaking (Black Belt age 15+).....	\$20
Coaches Pass - Head Coach (for BB & CB, 1 per dojang).....	\$50
Coaches Pass - Black Belts (limit 1 per 4 BB competitors).....	\$50
Coaches Pass - Colour Belts (no Black Belts age 16+).....	\$30
Photographer (No Black belts, One per dojang).....	\$30

Individual Registration Deadline: Saturday March 15, 2025 at 11:59pm Mountain time.

VENUE LOCATION

Airdrie Genesis Place : 800 East Lake Blvd NE, Airdrie, AB T4A 2K9

INSURANCE

The Organizing Committee and CTFI are not responsible for any injuries. Participants must have full third-party liability insurance cover for any injuries they may cause to others. Instructors must provide proof of insurance to the Alberta International Taekwon-do Federation Council by **Saturday March 15, 2025** or their competitors will not be allowed to participate.

Email info@aitfc.ca

REGISTRATION

All competitors must register individually.

The link to register individual competitors is here. [Competitor Tournament Registration Form](#)

You can register more than one person in a family or dojang and register for more than one event (Specialty & Power Breaking addition) by clicking on the "Continue Shopping" button prior to checkout.

Head Coach registration is here. [Coach Tournament Registration Form](#)

Black Belt Coach registration is here. [Black Belt Coach Registration Form](#)

Colour Belt Coach registration is here. [Colour Belt Coach Registration Form](#)

Full time umpire registration is here. [Full Time Umpire Tournament Registration Form](#)

Photographer registration is here. [Photographer Registration Form](#)

You can register more than one person in a family and register for more than one pass by clicking on the "Continue Shopping" button prior to checkout.

**Registration Deadline for all Competitors, Coaches and Umpires is Saturday
March 15, 2025 11:59 pm Mountain Time**

Instructor Check-in

All instructors or coaches must report to the tournament check-in and pick up the competitor name tags for their competitors. Instructors are responsible for making sure competitors have their tags with them when they check into the ring as proof that they are registered competitors.

Instructor/Coach Check-in will be available on Saturday April 5th, 2025 at the tournament venue from 7:30 am until 8:30 am.

Pre-Junior, Junior & Senior Black Belt Sparring Weight Divisions

Reminder * No Weight check for this event * Be honest with your weight!

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

Category Merging for Black Belts

Any Black Belt sparring category, including the Pre-Jr, Junior and Adult categories may be merged if there are 2 or less competitors, they will always be merged within the same age group. This is to ensure there are no competitors alone in their category and improve competition for the athletes. Seeding points will be awarded regardless of which category the athletes compete in. For this event Instructors must submit a form to the CTFI Tournament Director to keep track of the Seeding points. Refer to CTFI Team Manual for full details of the Seeding point system.

Black Belt Age Categories:

This year for Provincials we will be going by the age that you are registered as, according to your birthdate.

New Black Belt Age Categories

Black Belt Age Categories are listed below for Black Belt age categories for both patterns and sparring:

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 Adult Age 18+ category. Categories for Black Belts age 36+ may be merged if there are less than 3 competitors.

Colour Belt Age Categories

Minimum age is 5 years old. As per CTFI competition rules, the appropriate age division for all competitors will be determined based on the age of the person at the close of registration – March 15, 2025. Please note that Colour Belt age divisions with less than 3 people may be merged with other groups. Best effort will be made to create categories that are close in rank and age.

TOURNAMENT RULES

All events at this tournament will follow the Canadian Taekwon-Do Federation International (CTFI) Rules for Coloured Belt Competition and the International Taekwon-Do Federation (ITF) Combined Competition Rules and Regulations. 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:

Coloured Belt Patterns

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 2024 World Cup Rules From Official ITF Rules of Competition Version 2022V3

Black Belts Pre-Junior, Junior, Adult, Senior and Veteran will compete 1 to 1 and will perform simultaneously one (1) Designated Pattern appropriate to their degree. The designated pattern is chosen randomly from the three (3) patterns of the level of degree.

The final match for 1st and 2nd place will be 2 patterns. The first pattern will be of their rank and the second pattern will be from Chon-Ji up to their rank excluding the previously done pattern.

Black Belts Senior and Veteran may have categories merged with a different rank. Patterns performed will be for the lower rank of the 2 competitors in the ring when their competition begins. (e.g. if a 3rd dan is matched with a 4th dan, only 3rd dan patterns will be used, but if a different match in the same category sees 2 4th dan competitors, 4th dan patterns will be used).

Free Sparring World Cup Rules

DURATION OF MATCHES

Coloured Belts	1 round of 2 minutes.
Black Belts Pre-Junior, Junior, Senior	1 round of 3 minutes. Finals 2 rounds of 2 minutes with 1 minute break
Black Belts Senior and Veteran	1 round of 3 minutes. Finals 2 rounds of 2 minutes with 1 minute break

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 Tournament host and the Alberta Umpire Director prior to the event.

Approved types of sparring safety equipment:

Black Belts competing in the Pre-Junior, Junior and Adult 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 will be required to wear either red or blue

hand/foot/head protectors depending on their position in the draws. Pre-Junior, Junior and Senior Black Belts must have sets of both colours available.

Coloured Belts, and Senior and Veteran Black Belts (age 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, including any religious jewelry, 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.

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 AND SPECIAL TECHNIQUE WORLD CUP RULES:

All breaking competition will follow the ITF rules for World Cup competition:
<https://itftkd.sport/wp-content/uploads/2022/12/Official-ITF-Rules-of-Competition-Version-2022v2.pdf> Section IV and Section V

NOTE In all categories, competitors must successfully make at least 1 break to qualify for a medal.

Power Breaking

Power Breaking will be open only to Black Belts age 15+. Competitors will attempt 2 breaks – one hand technique of choice and one foot technique of choice from the allowed list below.

HAND TECHNIQUES	FOOT TECHNIQUES
Fore fist Front Punch (Ap Joomuk Jirugi)	Side kick (Yop Chagi))
Knife hand strike (Sonkal Taerigi)	Turning kick (Dollyo Chagi)
Front Elbow Strike (Ap Palkip Taerigi) (Females)	Reverse turning kick (Bandae Dollyo Chagi)

Board counts

Age Category	MALE		FEMALE	
	BOARDS (hand)	BOARDS (foot)	BOARDS (hand)	BOARDS (foot)
15 - 17 years	1	2	1	2
18 - 35 years	2	3	2	2
36 years +	2	2	2	2

All board counts will follow the standard listed above.

Special Technique Breaking

Special Technique Breaking will be open to Blue Belts and above, age 12 and above. Competitors will attempt 2 techniques – Flying High Front Kick, Flying High Side Kick.

All board heights will follow the standard listed below.

Board Heights			
Korean	English	Male	Female
Age 12 – 14			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	220 cm	190 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	110 cm	90 cm
Age 15 – 17			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	240 cm	210 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	120 cm	100 cm
Age 18 - 35 years			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	250 cm	220 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	130 cm	110 cm
Age 36 years +			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	240 cm	200 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	110 cm	80 cm
Age 46 years +			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	230 cm	190 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	100 cm	70 cm

Competitor Dress Code

Competitors must wear the internationally approved ITF dobok from a recognized manufacturer. Old style doboks without the ITF Coloured Fist may not be worn.

Head / neck coverings may be worn by all competitors. Head / neck coverings MUST:

- Be constructed of a solid white colour,
- Be made of a soft and/or elastic material,
- NOT contain any hard materials, metal, grips or slides,
- Fit, and remain, fully within the confines of the safety headguard and the dobok jacket while the competitor is sparring.

Undergarments, of a soft or elastic nature ONLY, may be worn beneath the competitor's dobok (beneath the top and/or trousers). Undergarments (only those garments that are visible while competitor is competing) MUST:

- Be of a solid white colour,
- Be made of a single layer of soft and/or elastic material,

Undergarments MUST NOT:

- i. Provide additional protection from impact,
- ii. Contain any hard materials, metal, grips or slides.
- iii. Extend past the distal portion of either the wrist or the ankle.

Tape/soft bandaging/soft strapping may be used for medical or first aid reasons, provided:

- a. That it is not used in an excessive manner,
- b. No hard plastic/metal fasteners, laces, studs or mechanical fasteners are to be used,
- c. No mechanical means of support are included in the bandaging/taping/strapping. (Including though not limited to: bracing/stays/splints, mechanical joints/articulations/hinges...)
- d. The Umpire Committee is satisfied that its use does not give the competitor any undue advantage,
- e. All Tape/soft bandaging/soft strapping MUST be either white or skin-coloured if it is visible while the competitor is competing. Any Tape/soft bandaging/soft used on areas not visible (i.e. knee) may be of any colour so long as the colour is not plainly visible through the material of the dobok

Tape/soft bandaging/soft strapping may NOT be used in the following circumstances:

- i. Special Technique: NO tape/soft bandaging/soft strapping may be used on any joint of the competitor's lower extremities. (Knees, ankles, toes)
- ii. Power Test: NO tape/soft bandaging/soft strapping may be used on any part of the competitor's attacking tool or the joints associated with the break being performed. (Fingers, wrist, elbow, toes, ankle, knee).

Tape/soft bandaging/soft strapping may be used on parts of the body not directly involved in the breaking process

- a. Example 1: Breaking with right fore-fist and competitor has banding on left elbow due to injury in sparring
- b. Example 2: Breaking with left side piercing kick and competitor has a bandaid/plaster on left hand due to a laceration

Any and all competitor safety equipment, 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.

Awards:

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

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

For all sparring categories for Black Belt Pre-Junior, Junior and Senior, four medals will be awarded for each competition category: gold, silver and two 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:

Only the Coach for a competitor in a Pre-Junior, Junior or Adult Black Belt match can present a protest when a decision or procedure seems to violate the rules. 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 Tournament Host/Umpire Director will rule on all protests. The protest tax for this event is fixed at CN\$100.

UMPIRES

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

Full Time Umpires

Apollo Taekwon-Do is 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.

All Full-time umpires (not competing in any events) must be registered by themselves. Full time umpires will receive a per diem at the end of the event.

Full Time Umpire registration Deadline: March 15, 2025 at 11:59pm Mountain time.

Competitor/Coach Umpires

All Black Belts (age 16 +) are required to assist with the umpire duties at this tournament. In the event of an umpire shortage, Black Stripes age 16+ and Black Belts age 14+ may also be asked to assist with umpire duties for coloured belts.

All Umpires will receive a complimentary lunch on the day 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)
- White athletic shoes

OR

- Full ITF Dobok (no track jackets)
- White athletic shoes NO SLIP ON SANDALS!

Casual or club clothing will not be permitted.

Black Belts who do not participate in umpiring as assigned will not be allowed to compete. Registration of Black Belts will be used to create the Umpires list.

COACHES

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

Head Coach

Each School will be allowed one senior Black Belt eligible to coach Colour Belts and/or Black Belts. This person is the designated "Head Coach" for each school. Please note that Head Coaches with rank of 4th degree or higher will likely be asked to judge for the Black Belt patterns competition. Head Coaches will not be asked to officiate for Coloured Belt competition nor for Black Belt sparring competition. The fee for the "Head Coach" is \$50. Each Club/Dojang may have 1 Black Belt Coach (including head coach) and for each 4 Black Belts registered for competition.

Colour 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 and older may be required to officiate during the Coloured Belt competition, only other coloured belts or Black Belts aged 15 and under will be allowed to coach Coloured Belts. There is no limit to the number of this type of coach. The fee for a Colour Belt coach is \$30.

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 Coach

Black Belt Coaches may be any person regardless of rank. Please note that Black Belt Coaches may be asked to judge for Colour Belt competition or for Black Belt patterns, especially Black Belt Coaches with rank of 4th degree or higher. Black Belt Coaches will not be asked to judge for Black Belt Sparring. The fee for Black Belt coaches is \$50.

Black Belt Coach limit:

Each Club/Dojang may have 1 Black Belt Coach (including Head Coach) for each 4 Black Belts registered for competition.

Coaching Rules

For individual or team competition there will be only one (1) Head Coach or Colour Belt Coach or Black Belt 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 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.

For safety and efficiency, only competitors, officials, volunteers, accredited coaches and will be allowed to enter the competition floor. Accreditation passes will be required by all.

All Coaches and must register on-line using the links above

Coach Registration Deadline: March 15, 2025 at 11:59pm Mountain time.