



CANADIAN ITF TAEKWON-DO FEDERATION

OFFICIAL NATIONAL GOVERNING BODY OF THE ITF HQ, AUSTRIA

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INFOPACK

Online ITF Patterns Challenge

April 27, 2020

To: Members of the Canadian International Taekwon-do Federation (CITF)

Introduction

Due to the current COVID-19 pandemic all sporting events have been cancelled to reduce the spread of the virus. This has resulted in very limited opportunity to be physically active and no social interaction that these events would normally provide. As a result, our Federation has launched the Online ITF Platform to bring our members solidarity in this stressful time for everyone. As this web portal is only at the beginning stages, there are numerous aspects to it and further information will be released as it becomes more available. At this time, you are hereby invited to the Online Patterns Challenge which is an online competition open to all black belts at no cost.

General Information

Participants will register for the competitions online and submit (upload) two (2) videos with the patterns they perform at home (either inside your house or in the backyard).

One pattern is designated by your NGB (CITF) and one pattern is optional. The registration deadline to submit the videos will be on **Thursday, April 30, 2020**, the blind draws are made and published on the tournament webpage.

On the day of the Competitions (*which has yet to be determined and will inform you as soon as the same becomes available*), at a fixed time umpires login to a specially designed online tournament platform at the ITF Online Arena, watch the videos of athletes competing in pairs and score points in a conventional way with the online scoring devices (I-Score).

Registration Procedure

To register for the Online Tournament, please notify admin@ITF-Canada.com to advise of your interest to participate and then you will be requested to follow the below-noted instructions:

1. Visit the ITF Online Platform at <https://online.taekwondo-itf.com/en> and select your country under the “Running Tournaments”

2. Click “Create new account” and fill out the registration form;
3. Confirm that you are not a robot (by reCAPTCHA) and click “Create new account”
4. Select your category – click on “Sign Up”
5. Upload your video (max. 2 videos), by clicking “Upload your video”. Click “Choose File” and click “Upload”. After the video is uploaded, click “Save”;
6. If you selected a wrong category by mistake, press “Leave” and select a proper category again.

Video Production Requirements

1. The camera should be positioned and fixed straight in front of the athlete in the starting position.
2. The camera should be placed at a height of 110-130 cm from the ground and sideways (16:9) if a mobile phone is used (approximately at the height of the eyes of a referee who is sitting in a chair).
3. The distance of the camera from the athlete should allow the athlete to remain within the frame during the pattern execution.
4. No zoom is allowed on the athlete's movements.
5. Stable plan when performing each technique.
6. If during the execution of a technique the athlete goes out of the frame, the camera can be rotated and follow the athlete, but it cannot zoom in or move from the original point.
7. The athlete should try to choose a space which allows to perform the technique without interruption and obstacles.
8. The athlete must wear an ITF-Approved, official Sasung Dobok
9. The athlete must be barefoot.
10. The video should have sound (the athlete's exhalations must be clear).
11. The video must be uniform and may not be a compilation of any kind. Otherwise, the athlete will be disqualified.
12. Any interference or enhancements of the video are prohibited.

Patterns Presentation

The match begins with a designated pattern.

1. Video starts at Cha-ryeot;
2. The athlete greets Taekwon;
3. Athlete takes the Joon-bi position for the pattern to be performed
4. Pattern execution starts
5. After the pattern is completed and after shouting the name of the pattern, the athlete returns to the Joon-bi position and waits 2-3 seconds in the Joon-bi position.
6. End of the video.

Broadcast

The National competitions will be broadcasted online via the official NGBs websites and the Official ITF Online Platform. To join the Official ITF Online Platform, visit ITF Website <https://www.itf-tkd.org> and press the banner. The ITF Challenge Grand Prix will be broadcasted via the ITF Online Arena at the ITF Online Platform.

Eligibility of Participation

Participants must have the following requirements to be eligible for participation in the Online Challenge:

1. Be at least 14 years of age as of April 22, 2020;
2. Must have and provide proof of their ITF Booklet and Dan certification;
3. Must have completed of the WADA e-course (World Anti-Doping Agency). All Taekwondo participants must be familiar with the *Anti-Doping Code* and will be required to show evidence of completion of the course prior to being able to participate in the online platform event in addition to any future ITF events. All athletes who have not yet obtained your WADA certification please visit:

<https://www.wada-ama.org/en/resources/education-and-prevention/alpha>.

You will be required to register for an account with the Anti-Doping e-learning platform (“ADel”) in order to access the e-learning modules. Please ensure that you choose “*Taekwondo-AUT*” as your Federation/Organization when registering.

***** Copies of the above-noted items and the two (2) WADA certificates (iSafe and Alpha) will be required to be submitted to the CITF as proof of completion *****

Age Categories and Divisions

Junior Boys: 14 to 17 years of age

Junior Girls: 14 to 17 years of age

Adult Males: 18 to 39 years of age

Adult Females: 18 to 39 years of age

***** Black belts will be separated accordingly to their ranks for the Challenge*****

Pattern choices

1st Dan: Optional – Kwang-Gae, Po-Eun and Ge-Beak
Designated: Jhoong-Gun to Ge-Beak

2nd Dan: Optional: Eui-Am, Choong-Jang, Juche
Designated: Kwang-Gae to Juche

3rd Dan: Optional: Sam-Il, Yoosin Choi-Yong
Designated: Kwang Gae to Choi-Yong

As these are unprecedented and uncharted times for us all, we hope that many of you consider participating in this online challenge. As we do realize this in no way compares to the real thing and these are difficult times for everyone, please appreciate the effort we are all trying to make in keeping and providing some normality in our lives to get through this chaotic situation while also providing some healthy physical and mental activity during this restricted situation we have all been thrown into.

We are strong believers that staying active is one of the best ways to maintain good health and build the immune system and with everyone’s co-operation and support we will all get through this as a strong TKD family.

Hoping you all continue to stay safe and healthy!

Taekwon.

Best Regards,

DocuSigned by:

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