

**THE ALBERTA TAEKWONDO ASSOCIATION
PRESENTS**



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2026 ALBERTA OPEN TOURNAMENT

**WinSport Ski & Snowboard Hill
88 Canada Olympic Road SW, Calgary**

**ALL AGES AND BELT LEVELS
RECREATIONAL AND HIGH PERFORMANCE
SPARRING AND POOMSAE**



2026 ALBERTA OPEN

Information Summary



Date/Venue

- Sunday, March 1, 2026
- WinSport, 88 Canada Olympic Road SW, Calgary, AB T3B 5R5
- Doors open at 8:30am - Spectator admission \$5.00 (5 and under free)

Schedule Information

- Doors Open/Referee Meeting 8:30am
- Coaches' Meeting 9:00am
- 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

Registration

Online Registration will be open January 12th. Deadline to register is Tuesday, February 24th.
Registrations **will not** be accepted after the deadline date.

Register at: <https://taekwondoalberta.com/calendar/2026-alberta-open/>

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

Competitor Eligibility:

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

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POOMSAE COMPETITION

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 – WT Poomsae Competition Rules

- Individual Sport Poomsae shall be side by side double elimination format. Poomsae draws will be done at the ring.
- Recognized poomsae
 - **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
 - **Freestyle** (music must be provided on a USB stick in an mp3 format)

*Youth recognized poomsae from Taeguk 4 to Koryo

Black Belt poomsae competitors may register in either Recreational or Sport Poomsae, NOT BOTH.

Competition Year 2026 Black Belt Sport Poomsae Divisions Categories are based on the year in which the contestant was born.

Individual

Youth	born in 2015 and later
Cadet	born in 2012-2014
Junior	born in 2009-2011
U30	born in 1996-2008
U40	born in 1986-1995
U50	born in 1976-1985
U60	born in 1966-1975
U65	born in 1961-1965
O65	born 1960 and earlier

Pairs and Team

Youth	born in 2015 and later
Cadet	born in 2012-2014
Junior	born in 2009-2011
U30	born in 1996-2008
O30	born in 1995 and earlier

Freestyle

U17	born in 2009 - 2014
O17	born in 2008 and earlier

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WT Black Belt Sparring and Sport Poomsae Uniforms are **recommended but not mandatory**

WT Sport Poomsae Standard Uniforms



KYORUGI COMPETITION

Rules:

- Latest published WT Competition Rules and Interpretation shall be applied
- NO head contact in any recreational division
- Best of 3 system for all divisions
- Single Elimination Format

RECREATIONAL Kyorugi (Sparring) Divisions:

- o Colour Belt Sparring
 - All ages, all belt levels (adjacent weight classes may be combined)
 - NO head contact allowed
 - All color belt matches will be 1 minute rounds with a 30 sec break*
- o Black Belt Recreational Sparring
 - All ages (adjacent weight classes may be combined)
 - NO head contact allowed (Optional for 18 and older)
 - All Recreational Black Belt matches will be 1.5 minutes rounds with a 45 sec break*

HIGH PERFORMANCE Kyorugi Divisions:

- **Mandatory High Performance Black Belt weigh-ins** will be held **Saturday, February 28th** from 6:00pm - 8:00pm at the WinSport Centre. **Failure to make weight in the Registered Division will result in disqualification.** Cadet athletes will require a same-sex chaperone for weigh-ins and must weigh in wearing an undershirt and under wear for girls, and underwear for boys (100 g allowance provided).

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- **Black Belt sparring competitors may register in either Recreational or Sanctioned sparring, NOT BOTH.**
- All High Performance Black Belt matches will be 2 minute rounds with 1 minute break*

Competition Year 2026 Black Belt sparring divisions - categories are based on the year in which the contestant was born.

Cadet	born in 2012-2014
Junior	born in 2009-2011
Senior	born in 2009 and earlier

Weight Classes:

- WT weight classes will be combined for Cadet, Junior and Senior Black Belt Divisions as follows:

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

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

* Please note that these times are subject to change at the organizers discretion and are not subject to appeal.

Draws

- Draws will be random and posted at the venue following weigh-in

Uniform & Equipment:

- Competitors (**high performance and recreational**) must provide their own WT recognized protective equipment: arm, foot, groin, head, chest guards and mouth guards (white or clear) are mandatory. A WT v-neck white uniform must be worn.

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- **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.
- **NO eyeglasses** will be permitted for sparring.
- KPNP will be the official scoring system used at the 2026 Alberta Open for Black Belt sparring divisions. **Black Belt competitors are required to have Gen 2 KPNP socks, which can be purchased from Captain Sports at <http://captainsports.ca>.**

Inspection

- A referee will inspect participant gear at the ring prior to the match. Nails (finger and toe) will be inspected and must meet WT standards (white or clear polish and short so as not to scratch competitors).

Code of Conduct

- Alberta Taekwondo Association policies, including the Code of Conduct and Ethics and the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS) must be followed. Any prohibited behaviors may result in a disqualification of the participant and/or coach and/or removal of a spectator from the event.