

SEPTEMBER 22-24, 2023
FORTH WORTH, TX



Welcome to the 2023 Grand Prix Finals

The 2023 U.S. Grand Prix Final event is the last USATKD domestic major event of the competition season. This event will be held in Fort Worth, Texas from September 22-24.

KEY POINTS:

- Earning a medal at the 2023 U.S. Grand Prix Final qualifies athletes to earn an invite to compete at the 2024 USATKD Team Trial Event (World Class Black Belt Divisions – Youth, Cadet, Junior, Senior and Ultra)
- The 2023 U.S. Grand Prix Final event is USATKD 20.0 Ranking Points event.
- The 2023 Grand Prix Final event is classed as a USATKD Major Event on the National Team Pathways. Winning a 1st place (gold) at the 2023 U.S. Grand Prix Final event counts towards earning Domestic Dominant athlete (Black Belt Divisions – Youth, Cadet, Junior, Senior and Ultra).
- To qualify to compete at the 2023 U.S. Grand Prix Final, athletes must have earned a medal (gold, silver or bronze) at a 2023 U.S. Grand Prix Regional Event (East, West, Central) or at the 2023 U.S. Taekwondo National Championships.

Host City/Accommodations

Grand Prix Finals

Fort Worth Convention Center
1201 Houston Street,
Fort Worth, TX, 76102

Hotel reservations will be through [Group Housing](#).

[2023 Grand Prix Final](#)

PROMOTER - Ranking

Promoter & Sanctioned By:

U.S.A. Taekwondo

Ranking:

U.S. 20.0



Member, United States
Olympic & Paralympic Committee



USATKD POINTS OF CONTACT

Christy Simmons, Managing Director of Events & Member Programs

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Katie Cleveland, Events Manager

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Mailing Address:

USATKD

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Colorado Springs, CO 80907



Schedule

Date	Event	Time	Division
Sept 7	Registration Deadline	11:59 PM MT	All Divisions
Sept 18	Designated Poomsae	11:59 PM MT	Designated Poomsae Posted Online
Ticket Sales Online Through Brown Paper Ticket			
Sept 21	All athletes will be checked in automatically and will receive a virtual credential via email. (No in person check-in required)	1 PM - 4 PM	Sparring Weigh-In Time 1:00 PM - 4:00 PM Senior Sparring All Belts - M/F
	Coach Credential Pick Up, Athlete Weigh-in and Athlete Weight Changes (\$50) *All Friday athletes must be weighed in by 4 PM.		
Sept 22	Doors Open	9:30 AM	Divisions TBA
	<u>Athletes MUST be in Holding at their posted Report Times on the USATKD website (Starting at 9:30 AM)</u>		
	Competition Begins	10:00 AM	Division order TBA after registration closes <u>Sparring</u> Senior Sparring - M/F <u>Poomsae</u> Over 70 All Belts - M/F Under 50 All Belts - M/F Over 65 All Belts - M/F Under 40 All Belts - M/F Under 65 All Belts - M/F Under 30 All Belts - M/F Under 60 All Belts - M/F <u>Pairs/Team Poomsae</u> Pairs Black Belt Over 50 Team Over 50 Black Belt - M/F

Please Note: The detailed schedule of report times will be posted after the final registration deadline. Sparring Brackets & Poomsae will be completed after Weigh-in & Check-In close for that day. Once completed they will be published to the USA Taekwondo website.



Schedule

Date	Event	Time	Division
Sept 22	All athletes will be checked in automatically and will receive a virtual credential via email. (No in person check-in required)	1 PM - 5 PM	<p>Sparring Weigh-In Times 1:00 PM - 3:00 PM Cadet World Class Black Belt - M/F Cadet Grassroots Black Belt - M/F 3:00 PM - 5:00 PM Cadet Color Belts - M/F Tiger All Belts - M/F Ultra All Belts - M/F</p>
	Coach Credential Pick Up And Athlete Weigh-in *All Saturday athletes must be weighed in by 5 PM		
Sept 23	Doors Open	7:30 AM	Divisions TBA
	<u>Athletes MUST be in Holding at their posted Report Times on the USATKD website (Starting at 7:30 AM)</u>		
	Competition Begins	8:00 AM	<p>Division order TBA after registration closes</p> <p><u>Sparring</u></p> <p>Tiger All Belts - M/F Cadet World Class - M/F Cadet Grassroots - M/F Cadet Color Belts - M/F Ultra All Belts</p> <p><u>Poomsae</u></p> <p>Dragon All Belts - M/F Youth All Belts - M/F Cadet All Belts - M/F Junior All Belts - M/F Pairs Under 30 Black Belt Pairs Over 30 Black Belt Teams Black Belt - Youth (8-11), Under 30, Over 30</p> <p><u>Freestyle Poomsae</u></p> <p>Freestyle Pairs Black Belt - 8-11, Under 17, Over 18 Freestyle Teams Black Belt - 8-11, Under 17, Over 18</p>
All athletes will be checked in automatically and will receive a virtual credential via email. (No in person check-in required)	1 PM - 5 PM	<p>Sparring Weigh-In Times 1:00 PM - 3:00 PM Youth All Belts - M/F Dragon All Belts - M/F Para All Divisions - All Belts - M/F 3:00 PM - 5:00 PM Junior Color Belts - M/F Junior World Class Black Belt - M/F</p>	
Coach Credential Pick Up And Athlete Weigh-in *All Sunday athletes must be weighed in by 5 PM			

Please Note: The detailed schedule of report times will be posted after the final registration deadline. **Sparring Brackets & Poomsae** will be completed after Weigh-in & Check-In close for that day. Once completed they will be published to the USA Taekwondo website.



Schedule

Date	Event	Time	Division
	Doors Open	7:30 AM	Divisions TBA
	Athletes MUST be in Holding at their posted Report Times on the USATKD website (Starting at 7:30 AM)		
Sept 24	Competition Begins	8:00 AM	<p>Division order TBA after registration closes</p> <p>Sparring</p> <p>Dragon All Belts - M/F Youth All Belts - M/F Para All Belts - M/F Junior Color Belts - M/F Junior World Class Black Belt - M/F</p> <p>Poomsae</p> <p>Tiger All Belts - M/F Pairs Black Belt - Youth (10-11), Cadet, Junior Teams World Class Black Belt - Cadet, Junior - M/F Freestyle Individual Black Belt - 8-11, Under 17, Over 18 Para Poomsae - All Divisions - All Belts - M/F</p>

Please Note: The detailed schedule of report times will be posted after the final registration deadline. **Sparring Brackets & Poomsae** will be completed after Weigh-in & Check-In close for that day. Once completed they will be published to the USA Taekwondo website.



ATHLETE REGISTRATION

Registration for all athletes will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. **There will not be any onsite registration for athletes.**

2023 Grand Prix Finals Registration Deadlines:

Registration Deadline: September 7, 2023, 11:59 PM, MST

All athletes must register and pay in full by the registration dates to receive the normal registration fee. If payment is not received by the registration deadline you will be required to pay the late registration fee.

How-To-Register for an Event

Once on the [USATKD Sport80](#) page:

1. Click on “Events”, located on the left-hand side of Home Page
2. Search for 2023 U.S. Grand Prix Final
3. Click on the “Enter Now” button for the 2023 U.S. Grand Prix Final registration.
4. Click the +Enter button next to the athlete’s name.
5. Follow the registration instructions within the site.

Tips For Successful Event Registration

Athletes must have their belt information in the belt section of their Sport 80 profile. Missing belt information will prevent you from being able to select/register for any events.

Black Belt Athletes: In addition to having the black belt listed in your profile, a copy of your black belt certificate must be uploaded into your [Sport80 profile](#).

Athletes aged 18 and older: Must complete the U.S. Center for SafeSport course each year.

- Log in to your USA Taekwondo Athlete profile via Sport:80
- Click “View Profile”
- In the left navigation, click “Center for SafeSport Training”
- In the top right, Select the +Access Training button and follow the prompts to select and complete the SafeSport – Core Training Course
- These will update automatically every 24 hours if you follow the link through your [Sport80](#) profile.

World Class Black Belt Athletes Cadet (12-14), Junior (15-17) and Senior (17+)]: A copy of your U.S. Passport or U.S. Birth Certificate must be uploaded into your Sport80 profile before being able to select/register for any events. These documents must be uploaded in the Verification Document section of your Sport80 profile.

USATKD has a NO REFUND policy.



Athlete Event Credentials –

Athletes will receive an event credential via email prior to the start of the event from Katie Cleveland, kcleveland@usatkd.org. This virtual credential will be the athlete’s credential for the event. Please feel free to print this credential if your athlete prefers to have a hard copy.

ATHLETES			
Registration	Admin	Price Per Division	Late Divison Entry
\$185	\$5	\$29	\$58

ATHLETES	
Late Registration Fee	Late Divison Entry
\$370	\$58

Coaches	
Registration	Late Registration
\$80	\$150

METHOD OF COMPETITION & COMPETITION RULES

The current competition rules for all divisions will be used. To view current version, go to:

<https://www.usatkd.org/usatkd-competition-rules>

Sparring - A single elimination format will be applied to all sparring divisions.

The international height/weight categories for Cadets will not be used domestically in 2023 but will be used in 2024. Any international events that the U.S.A. Cadet National Team competes at in 2023 and 2024 will abide by World Taekwondo height/weight rules.

Poomsae - All poomsae divisions will be seeded for the first round according to the [USATKD National Rankings sponsored by Tusah](#). Designated Poomsae will be selected from the Compulsory Poomsae and will be published to the [USATKD website](#).



QUALIFICATION

Athletes that earn any medal (gold, silver, or bronze) at a 2023 U.S. Grand Prix Regional event (East, West, Central) qualify to compete at the 2023 U.S. Grand Prix Final, in Fort Worth, Texas.

Athletes that earn any medal (gold, silver, or bronze) at the 2023 U.S. Taekwondo National Championships will qualify for the 2023 U.S. Grand Prix Final.

2023 U.S. Grand Prix Final

Color Belts:

All qualified color belt athletes will be eligible to compete in the 2023 U.S. Grand Prix Final at the current belt in which they hold.

For example, an athlete competed at the 2023 U.S. Grand Prix Regional Event (East, West or Central) as a green belt but have since tested and received their blue belt. This athlete may now compete at the 2023 U.S. Grand Prix Final Event as a blue belt.

EXCEPTION: If an athlete competed at the 2023 U.S. Grand Prix Regional Event (East, West, or Central) as a red belt and has since been promoted to black belt, the athlete MAY NOT compete in any black belt division.

All athletes in the Dragon, Tiger, Youth, Cadet Grassroots, and Ultra divisions as well as color belt athletes in the Cadet, Junior, and Senior divisions will be allowed to move weight divisions from the weight category they qualified in at the USATKD Grand Prix if needed. It is encouraged that athletes make the “qualified” weight. You can change weight categories through the final athlete registration deadline at no additional fee. On-site weight changes will be permitted for color belts for a \$50 weight-change fee.

World Class Black Belt Cadet, Junior, and Senior qualified athletes will be allowed to move UP ONE weight division from what they qualified in at the 2023 U. S. Grand Prix Regional or State Championship when registering for the 2023 U.S. Taekwondo National Championships and 2023 U.S. Grand Prix Final. Athletes cannot move down below the weight division they qualified for at the Grand Prix or Nationals.

For example, if the athlete qualified in the Fly weight division at the Grand Prix or USA Taekwondo Nationals, then the athlete can only move up to the Bantam weight division at the Grand Prix Final. The athlete cannot move down to the Fin weight division.

World Class Black Belt Athlete weight changes are permitted prior to the FINAL REGISTRATION deadline for the 2023 U.S. Taekwondo National Championship and 2023 U.S. Grand Prix Final. On-site Weight changes will not be permitted at these events for World Class divisions.



DOBOK & EQUIPMENT STANDARDS

1. Official Uniform (Dobok)

All contestants must wear a white Taekwondo V-neck USATKD/WT uniform (dobok) in good condition.

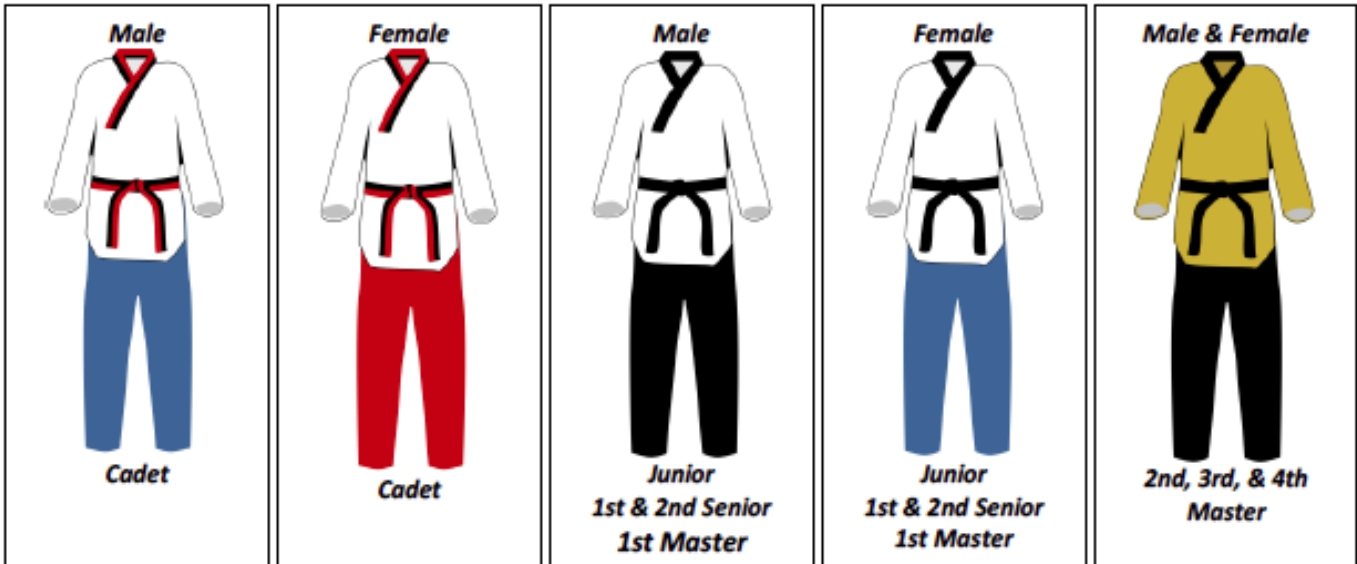
Black belts must wear black-collared uniforms.

Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms.

For USATKD Events Only: Patches, embroidery, logos, team names, country names, athlete names, and stripes are permitted on the uniform; they can be up to 12" x 4" on each leg or arm for a total of four. Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed.

No tape will be allowed on any part of the uniform.

Poomsae contestants may wear either the standard V-neck USA/WT uniform (as specified above) or WT-designated Y-neck competition poomsae uniforms appropriate to the contestant's division.



WT Y-neck uniforms may have a national flag patch and country code displayed on the uniform consistent with WT guidelines. Poomsae uniform may only be worn in poomsae divisions (no sparring or breaking divisions).

2. Protective Equipment

Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory as of 1/1/2017 for both male and female sparring competitors), gloves (see explanation below), forearm protector, shin-instep protectors, approved sensing socks (if using an electronic Protector and Scoring System) and a mouth guard before entering the Contest Area.



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The head protector must be firmly tucked under the left arm when entering the Contest Area and shall be put on the head after bowing to the opponent before the start of the contest.

The groin, forearm, and shin-instep protectors must be worn inside the Taekwondo uniform. Wearing of any other items on the head other than head protector shall not be permitted, except for religious reasons. A previously approved religious item shall be worn beneath the head protector and inside the dobok and shall not cause harm or obstruct the opposing contestant.

3. Personal Requirements

All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely. Ponytails must be tucked inside the headgear and may not hang out below the helmet so that in the opinion of the referee, it is causing risk or inconvenience to other competitors.

- **Metallic Articles**
 - Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety or sport eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc.
- **Personal Hygiene**
 - All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly. Ponytails must be tucked inside the headgear and may not hang out below the helmet so that in the opinion of the referee, it is causing risk or inconvenience to other competitors.

Any violators of Section 1, 2, and 3 of this section will be required to correct the violation within one minute, or face disqualification.

Taping on the foot and hand shall be allowed for the protection of athletes. For an injury, the minimum amount of tape that will protect the area should be used. Taping of feet and hands will be strictly checked during the athlete inspection process; if there is a question, the inspector or referee should have the wrapping examined and approved by the Tournament Medical Staff. Under no circumstances will a hard splint or cast—no matter how small—be allowed.

There will be no taping beneath the sensor socks unless it is approved by the Commission Doctor because of injury.

4. USATKD Equipment Standards

Belt Colors: Only WT/USATKD belt colors will be allowed—black, poom (black and red), red, blue, green, yellow. Belts with stripes will be allowed. (Red belt cannot wear a poom belt)



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Gloves: World Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts and Color Belts are required to wear USATKD/WT-approved Taekwondo gloves. Gloves may be red, blue, or white; white is preferred. However, red and blue are allowed. If the competitor chooses to wear red or blue gloves, they must correspond with the color of the chest protector. Gloves must be open finger style, as shown below. For all other divisions, gloves are optional and must comply with the above rule. Cloth gloves or hand covers are not allowed.



Properly fitting head protector: Unless electronic PSS head protectors are used, all participants must provide their own red, blue or white head protector with no markings other than corporate logos. Red and blue are preferred; white is only allowed for color belt divisions and 6-7 year-old black belt divisions. The color of the head protector must correspond with the color of the chest protector. Cracks or defects in the headgear will not be allowed.

Mouth guard: All athletes are required to use a mouth guard. MOUTH GUARDS MAY BE ANY COLOR, EXCEPT FOR RED. Mouth guard has to cover top and bottom teeth.

Groin protection: All male and female athletes are required to wear a protective cup, which must be inside the pants during competition. Groin protection is also required for female athletes and must be worn inside the uniform.

Properly fitting chest protector: An electronic Protection and Scoring System (PSS) will be used, and all athletes will be provided a red and blue full-body WT trunk protector. Both players must use the same size PSS.

Shin and instep protection: Shin and instep protectors are REQUIRED, and they must be made of foam, cloth or vinyl. PSS sensor socks with built-in instep padding are also allowed. The instep protector may be red, blue, or white, but must correspond with the color of the chest protector; any color shin protector is allowed. Cloth or foam knee pads are permitted.

Forearm guard: Forearm guards are REQUIRED and it is mandatory that athletes wear only foam, cloth, or vinyl products. Any color forearm guard will be allowed. Cloth or foam elbow pads are permitted.

Please Note: USATKD reserves the right to disallow any uniform or equipment if it is found to be unsafe, offensive or degrading.



DIVISIONS – WEIGHT CATEGORIES

WEIGH-INS – BRACKETING

CHECK IN (Kyorugi & Poomsae)

All Athletes will be automatically checked in for the competition. All athletes will receive a virtual credential via email, to the email associated with your Sport80 profile. Virtual credentials may be printed if a hard copy is preferred.

This virtual credential will serve as the athlete’s credential for the event and must be used for entry into the event, entry into the holding area and for weigh ins.

The only reasons an athlete will come to the check in desk at the event:

- You did not receive your digital credential (Please make sure you check your spam and blocked emails)
- The information on your digital credential is incorrect
- A weight change is needed (\$50 weight change fee)

SPARRING

Note: Not exceeding means the weight limit is defined by the criterion of one decimal place away from the stated limit. For example, not exceeding 50kg is established as until 50.0kg with 50.1kg being over the limit and resulting in disqualification. Over: Over 50.00 kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

ULTRA SPARRING (33 - 45 & 46 and Over) BEST 2 out of 3 ROUNDS, 1 MINUTE DAEDO GENERATION 2		
Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fly	Not exceeding 58kg	Not exceeding 49kg
Light	Over 58kg & Not exceeding 68kg	Over 49kg & Not exceeding 57kg
Middle	Over 68kg & Not exceeding 80kg	Over 57kg & Not exceeding 67kg
Heavy	Over 80kg	Over 67kg



SENIOR SPARRING DIVISIONS (17-32)
COLOR BELTS: Best 2 out of 3 ROUNDS, 1 MINUTE
DAEDO GENERATION 2

BLACK BELTS (WORLD CLASS): BEST 2 out of 3 ROUNDS, 2 MINUTES
DAEDO GENERATION 2

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 54kg	Not exceeding 46kg
Fly	Over 54kg & Not exceeding 58kg	Over 46kg & Not exceeding 49kg
Bantam	Over 58kg & Not exceeding 63kg	Over 49kg & Not exceeding 53kg
Feather	Over 63kg & Not exceeding 68kg	Over 53kg & Not exceeding 57kg
Light	Over 68kg & Not exceeding 74kg	Over 57kg & Not exceeding 62kg
Welter	Over 74kg & Not exceeding 80kg	Over 62kg & Not exceeding 67kg
Middle	Over 80kg & Not exceeding 87kg	Over 67kg & Not exceeding 73kg
Heavy	Over 87kg	Over 73kg

JUNIOR SPARRING DIVISIONS (15-17)
COLOR BELTS: BEST 2 out of 3 ROUNDS, 1 MINUTE
DAEDO GENERATION 2

BLACK BELTS (WORLD CLASS): BEST 2 out of 3 ROUNDS, 1 MINUTE 30
DAEDO GENERATION 2

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 45kg	Not exceeding 42kg
Fly	Over 45kg & Not exceeding 48kg	Over 42kg & Not exceeding 44kg
Bantam	Over 48kg & Not exceeding 51kg	Over 44kg & Not exceeding 46kg
Feather	Over 51kg & Not exceeding 55kg	Over 46kg & Not exceeding 49kg
Light	Over 55kg & Not exceeding 59kg	Over 49kg & Not exceeding 52kg
Welter	Over 59kg & Not exceeding 63kg	Over 52kg & Not exceeding 55kg
Light Middle	Over 63kg & Not exceeding 68kg	Over 55kg & Not exceeding 59kg
Middle	Over 68kg & Not exceeding 73kg	Over 59kg & Not exceeding 63kg
Light Heavy	Over 73kg & Not exceeding 78kg	Over 63kg & Not exceeding 68kg
Heavy	Over 78kg	Over 68kg



CADET SPARRING DIVISIONS (12-14)		
<u>COLOR BELTS:</u> BEST 2 OUT OF 3 ROUNDS, 1 MINUTE		
<u>BLACK BELTS (GRASS ROOTS):</u> BEST 2 out of 3 ROUNDS, 1 MINUTE		
<i>DAEDO GENERATION 2</i>		
<u>BLACK BELTS (WORLD CLASS):</u> BEST 2 out of 3 ROUNDS, 1 MINUTE 30		
<i>DAEDO GENERATION 2</i>		
Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 33kg	Not exceeding 29kg
Fly	Over 33kg & Not exceeding 37kg	Over 29kg & Not exceeding 33kg
Bantam	Over 37kg & Not exceeding 41kg	Over 33kg & Not exceeding 37kg
Feather	Over 41kg & Not exceeding 45kg	Over 37kg & Not exceeding 41kg
Light	Over 45kg & Not exceeding 49kg	Over 41kg & Not exceeding 44kg
Welter	Over 49kg & Not exceeding 53kg	Over 44kg & Not exceeding 47kg
Light Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Light Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg

Please Note: The World Taekwondo international height/weight categories for Cadets will not be used domestically in 2023 but will be used in 2024. Any international events that the U.S. Cadet National Team goes to in 2023 or 2024 will abide by the World Taekwondo height/weight rules.

YOUTH SPARRING DIVISIONS (10-11)		
<u>ALL BELTS:</u> BEST 2 out of 3 ROUNDS, 1 MINUTE		
<i>DAEDO GENERATION 2</i>		
Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 30kg	Not exceeding 30kg
Light	Over 30kg & Not exceeding 35kg	Over 30kg & Not exceeding 35kg
Middle	Over 35kg & Not exceeding 40kg	Over 35kg & Not exceeding 40kg
Heavy	Over 40kg	Over 40kg



TIGER SPARRING DIVISIONS (8-9)

ALL BELTS: BEST 2 out of 3 ROUNDS, 1 MINUTE

DAEDO GENERATION 2

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 21kg	Not exceeding 21kg
Light	Over 21kg & Not exceeding 25kg	Over 21kg & Not exceeding 25kg
Middle	Over 25kg & Not exceeding 30kg	Over 25kg & Not exceeding 30kg
Heavy	Over 30kg	Over 30kg

DRAGON SPARRING DIVISIONS (6-7)

ALL BELTS: BEST 2 out of 3 ROUNDS, 1 MINUTE

DAEDO GENERATION 2

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 19kg	Not exceeding 19kg
Light	Over 19kg & Not exceeding 23kg	Over 19kg & Not exceeding 23kg
Middle	Over 23kg & Not exceeding 27kg	Over 23kg & Not exceeding 27kg
Heavy	Over 27kg	Over 27kg

PARA SPARRING DIVISIONS (16 & OLDER)

SPORT CLASSES K41 and K44

ALL BELTS: BEST 2 out of 3 ROUNDS, 1 MINUTE

DAEDO GENERATION 2

Male Divisions		Female Divisions	
-58kg	Not exceeding 58kg	-47kg	Not Exceeding 49kg
-63kg	Not exceeding 63kg	-52kg	Not Exceeding 52kg
-70kg	Not exceeding 70kg	-57kg	Not Exceeding 57kg
-80kg	Not exceeding 80kg	-65kg	Not Exceeding 65kg
+80kg	Over 80kg	+65kg	Over 65kg

*Cadet, Junior, and Senior World Class Black Belt athletes will be provided Gen2 helmets at the event.

*All other Divisions must bring their own blue & red helmets. Divisions that have head contact will be provided an overlay for their helmet that will be used



WEIGH-INS

Weigh ins times will be by division. Please see the Schedule on Page 2, 3 & 4 for the weigh in time for your division. All athletes must be weighed in by 5PM the day before they compete.

All participants must provide a valid ID to weigh-in. There will be no exception to this policy. Valid ID can be any of the following: school ID, state issued ID, GAL, or passport. If the athlete is a minor and does not have a valid ID then the parent/legal guardian must provide a copy of their birth certificate.

1. A competitor's weight shall be measured the day prior to their competition day. All competitors must weigh-in during the designated times on the schedule.
2. A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the time limit. So as not to be disqualified during official weigh-in, a scale, the same as the official one, shall be provided at the convention center as a test scale.
3. During the weigh-in, the contestant is required to show his/her current photo ID, USATKD identification card or birth certificate.
4. Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
5. Weigh in, for both males and females shall be taken in the official V-neck uniform, or, if a contestant wishes, weigh-in may be done in underpants for male and underpants and bra for female contestants. **Under NO circumstances may an athlete weigh-in in the nude in the United States.**
6. Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY. Athletes will be given 0.2kg cushion for clothing. 1 Parent/Guardian of the same sex will be allowed in the weigh-in room with their child. Pictures are not allowed in the weigh-in rooms.

WEIGHT CHANGES & BELT COLOR CHANGES

Weight Change process: Athletes can change weight categories through the final athlete registration deadline at no additional fee. If an athlete would like to change their weight division before the final registration deadline they must email mnewman@usatkd.org. After the final registration date, all weight changes must be completed onsite at check-in. Any weight changes after the final registration deadline and/or at the event will incur a \$50.00 administrative fee.

There will be test scales for athletes to check prior to stepping on the official scale.

Athletes may change their belt color through the final registration deadline at no additional fee. Athletes may make belt color changes directly through their profiles in Sport80 through the final registration deadline. Any belt changes after the final registration deadline and/or at the event will incur a \$50.00 administrative fee.



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Any weight changes or belt color changes must be completed in the registration area before stepping on the official scale with the referee. Referees cannot make weight changes or update belt colors. Once an athlete steps on the official scale, they cannot make any weight changes.

BRACKETING & SEEDING

A single elimination format will be applied to all sparring divisions.

Seeding will be done for all sparring and poomsae divisions. Seeding will be based off the most recently posted [U.S. National Rankings](#).

Please Note: The detailed schedule of report times will be posted after the final registration deadline.

Sparring Brackets & Poomsae will be completed after Weigh-in & Check-In close for that day. Once completed they will be published to the U.S.A. Taekwondo website.

POOMSAE

INDIVIDUAL POOMSAE				
AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
DRAGONS	6-7 YEARS OLD	BLACK	1 ST - 9 TH	MODIFIED WT FORMAT
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
TIGERS	8-9 YEARS OLD	BLACK	1 ST - 9 TH	MODIFIED WT FORMAT
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
YOUTH	10-11 YEARS OLD	BLACK	1 ST - 9 TH	MODIFIED WT FORMAT
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
CADET	12-14 YEARS OLD	BLACK	1 ST - 9 TH	MODIFIED WT FORMAT
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 ST - 9 TH	MODIFIED WT FORMAT
UNDER 30	18-30 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 40	31-40 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 50	41-50 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 60	51-60 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 65	61-65 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
OVER 65	66 & OLDER	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
OVER 70	71 & OLDER	YELLOW, GREEN, BLUE, & RED	N/A	MODIFIED WT FORMAT
UNDER 30	18-30 YEARS OLD	BLACK	1 ST - 9 TH	Single Elimination
UNDER 40	31-40 YEARS OLD	BLACK	1 ST - 9 TH	Single Elimination
UNDER 50	41-50 YEARS OLD	BLACK	1 ST - 9 TH	MODIFIED WT FORMAT
UNDER 60	51-60 YEARS OLD	BLACK	1 ST - 9 TH	MODIFIED WT FORMAT
UNDER 65	61-65 YEARS OLD	BLACK	1 ST - 9 TH	MODIFIED WT FORMAT
OVER 65	66 & OLDER	BLACK	1 ST - 9 TH	MODIFIED WT FORMAT
OVER 70	71 & OLDER	BLACK	1 ST - 9 TH	MODIFIED WT FORMAT



PAIRS POOMSAE			
CO-ED: 1 MALE & 1 FEMALE			
Youth (10-11), Cadet (12-14), Juniors (15-17), Under 30 (18-30), Over 30 (31+), & Over 50 (51+)			
Division	Belt	Rank	Gender
Youth (10-11)	Black	1 st – 9 th	Co-Ed
Cadet (12-14)	Black	1 st – 9 th	Co-Ed
Juniors (15-17)	Black	1 st – 9 th	Co-Ed
Under 30(18-30)	Black	1 st – 9 th	Co-Ed
Over 30 (31+)	Black	1 st – 9 th	Co-Ed
Over 50 (51+)	Black	1 st – 9 th	Co-Ed

*Over 50 athletes must participate in the Over 30 Division to be considered for National Team and Academy spots

TEAM POOMSAE			
3 Competitors of the same gender			
Youth, (10-11), Cadet (12-14), Juniors (15-17), Under 30 (18-30),			
Division	Belt	Rank	Gender
Youth (10-11)	Black	1 st – 9 th	Female
Youth (10-11)	Black	1 st – 9 th	Male
Cadet (12-14)	Black	1 st – 9 th	Female
Cadet (12-14)	Black	1 st – 9 th	Male
Juniors (15-17)	Black	1 st – 9 th	Female
Juniors (15-17)	Black	1 st – 9 th	Male
Under 30(18-30)	Black	1 st – 9 th	Female
Under 30(18-30)	Black	1 st – 9 th	Male
Over 30 (31+)	Black	1 st – 9 th	Female
Over 30 (31+)	Black	1 st – 9 th	Male
Over 50 (51+)	Black	1 st – 9 th	Female
Over 50 (51+)	Black	1 st – 9 th	Male

*Over 50 athletes must participate in the Over 30 Division to be considered for National Team and Academy spots



INDIVIDUAL FREESTYLE POOMSAE			
8-11, 12-17 & 18+			
Division	Belt	Rank	Gender
8 - 11	Black	1 st – 9 th	Female
8 - 11	Black	1 st – 9 th	Male
12 - 17	Black	1 st – 9 th	Female
12 - 17	Black	1 st – 9 th	Male
18+	Black	1 st – 9 th	Female
18+	Black	1 st – 9 th	Male

PAIRS FREESTYLE POOMSAE			
COED – 1 MALE & 1 FEMALE			
8-11, 12-17 & 18+			
Division	Belt	Rank	Gender
8 - 11	Black	1 st – 9 th	Co-Ed
12 - 17	Black	1 st – 9 th	Co-Ed
18+	Black	1 st – 9 th	Co-Ed

TEAMS FREESTYLE POOMSAE			
Composition of 5 Members at least 2 Males & 2 Females			
8-11, 12-17 & 18+			
Division	Belt	Rank	Gender
8 - 11	Black	1 st – 9 th	Mixed
12 - 17	Black	1 st – 9 th	Mixed
18+	Black	1 st – 9 th	Mixed



DESIGNATED POOMSAE

Designated Poomsae will be selected from the Compulsory Poomsae listed below and will be published to the [USATKD website](http://www.usatkd.com).

COMPULSORY POOMSAE – BLACK BELTS	
INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
Dragons (6-7)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Tigers (8-9)	
Youth (10-11)	
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Under 40 (31-40)	
Under 50 (41-50)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60 (51-60)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65 (61-65)	
Over 65 (66+)	
Over 70 (71+)	
PAIRS DIVISIONS (co-ed)	COMPULSORY POOMSAE
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Teaback, Pyongwon, Shipjin
Over 30 (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Over 50 (51+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
TEAM DIVISIONS	COMPULSORY POOMSAE
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Over 30 (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Over 50 (51+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon



COMPULSORY POOMSAE – COLOR BELTS

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
Yellow (7 th & 8 th Geup) – All Ages	Taegeuk 1, 2 Jang
Green (5 th & 6 th Geup) – All Ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3 rd & 4 th Geup) – All Ages	Taegeuk 3, 4, 5, 6 Jang
Red (1 st & 2 nd Geup) – All Ages	Taegeuk 4, 5, 6, 7, 8 Jang

COACHING REQUIREMENT - CIDP

Registration for all coaches will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. **There will not be any onsite registration for coaches.**

Profile Requirements to Register as a Coach for an Event:

- Upload a profile picture on your Sport80 profile
- Have a current U.S.A. Taekwondo Membership on Sport80
- Have a current and valid Background Screen (valid through the final day of the event)
- Have your current SafeSport Training (valid through the final day of the event)
- Have either an Associate Coach (in the discipline you want to coach) or Level 1 Course Completion uploaded and VALID in your Sport80 profile
- Please follow all steps on the following website to make sure your profile is complete, you will not be able to register until your profile is completed. <https://www.usatkd.org/coach-how-to-register-for-an-event>

If you need assistance registering for the event, please view a short [video](#) that has been provided.

Coaches must have at minimum an Associate Coach certification to coach at the 2023 U.S. Grand Prix Final.

Your Associate Coach certification must be in the discipline you are coaching for, ie Kyorugi, Poomsae or both if you intend to coach both disciplines.

2023 Grand Prix Final Registration Deadlines:

Registration Deadline: September 7, 2023, 11:59 PM, MST



SAFE SPORT & BACKGROUND CHECKS

Coaches are required to complete and pass a background check (every two years) and complete the U.S. Center for SafeSport training (every year). The background check is conducted by a third-party system and can take anywhere from one week to a month to complete. Please initiate your background screening as soon as possible to ensure it is complete before the registration closure.

The SafeSport certification must be completed from your [Sport80](#) profile.

- Log in to your USA Taekwondo Coaches profile via Sport:80
- Click “View Profile”
- In the left navigation, click “Center for SafeSport Training”
- In the top right, Select the +Access Training button and follow the prompts to select and complete the SafeSport – Core Training Course
- These will update automatically every 24 hours if you follow the link through your [Sport80](#) profile.

CREDENTIALIAL

All coach credentials will have a photo. Coach credentials are NON-TRANSFERABLE.

All coaches are required to upload a photo to their USATKD membership profile for their credentials for all competitions. Pictures must be headshot only. Please do not mail or email a photo.

USATKD has a NO REFUND policy

AWARDS

SPARRING

Medals and certificate will be given out to the top 4 athletes, in the respective divisions and weight categories

INDIVIDUAL AWARDS	
1 st Place	Gold Medal + Certificate
2 nd Place	Silver Medal + Certificate
3 rd Place	Bronze Medal + Certificate
3 rd Place	Bronze Medal + Certificate



POOMSAE

Medals and certificates will be given to the top 4 individuals, pairs (co-ed) and teams in the respective divisions. For those World Class Poomsae Team divisions, where an alternate has registered, the athlete will receive a certificate and medal if they have participated in the event. USATKD defines participated as check-in, stepped on the mat, and competed in front of judges.

INDIVIDUAL AWARDS	
1 st Place	Gold Medal + Certificate
2 nd Place	Silver Medal + Certificate
3 rd Place	Bronze Medal + Certificate
3 rd Place	Bronze Medal + Certificate

GENERAL INFORMATION

Event Spectator Tickets

Admission to the Grand Prix Finals is by credential or ticket only. Advanced event tickets can be ordered directly online through [Brown Paper Tickets](#).



Wristbands will be given in exchange for your tickets at the tournament check in desk. Wristbands must be worn at all times and are good for the time allotted on your ticket (Single Day = only for the appropriate day purchased).

Ticket Pricing		
Event Ticket	Advance (online)	At-Door
All-Event Pass	\$50	\$55
Single Day (Adult 18+)	\$18	\$21
Single Day (Child 6-17)	\$13	\$16
Children 5 & Under	Free	Free

****NO REFUNDS or exchanges. Lost, stolen or forgotten tickets will NOT be replaced or refunded.**

Medical

Medical Services will be provided by [Bare Essentials Sport Medicine](#). Sports Med Staff will be ringside and in the medical tent to provide injury and illness care for all participants. Please remember when taping ankles or instep pads, competitors must comply with the rules set forth by the WT and USATKD.

