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2025 Binationals, Tijuana, Baja California, Mexico CUTA Youth, Cadet & Junior Team, Took First Place



2025 CUTA States Referees Fresno, CA



2025 CUTA States Tournament Staff

GENERAL INFORMATION

EVENT CONTACT

cutastates@gmail.com

COMPETITION VENUE

Fresno Convention Center Selland Arena
700 M Street
Fresno, CA 93721

HOTELS

Doubletree Hilton \$189+ tax & fees per night
Check-in and Weigh-ins will be at the Doubletree Hotel
2233 Ventura St.
Fresno, CA 93721
[Doubletree reservation](#)

Fairfield Inn & Suites \$139+ tax & fees per night
2233 Ventura St.
Fresno, CA 93721
[Fairfield reservations](#)

Clovis | Hampton Inn \$139+ tax & fees per night.
835 Gettysburg Ave.
Clovis, CA 93612
[Hampton reservation](#)

EVENT SPECTATOR TICKETS

Children (5 & younger)	Single Day Pass (6+ years)
Free	\$25

VENUE INFORMATION & BAG POLICY

Guest Info - [Fresno Convention Center](#) - City of Fresno rules & regulations.

COMPETITOR REGISTRATION

ALL participants MUST register at <https://catkd.org/events/>.

Click on the registration button and it will take you to Sport80.

*Competition age based on calendar year (for example: cadet 12-14 born in 2012-2014).

NO REFUNDS will be given for any reason.

COACH REGISTRATION

All coach registrations must take place on the <https://catkd.org/events/>.

- You must have a background check and SafeSport current by the event registration deadline. and current all the way to event day.
- All coaches must follow rules and regulations, keep in Martial Arts conduct, and abide by USATKD/PATU/WT rules and regulations. Must not be named on USATKD Suspension List.

OUR PRIORITY IS THE SAFETY OF ALL OUR ATHLETES.

COMPETITION REGISTRATION EVENTS, FEES & DEADLINES

Events	Ages	Belts
Poomsae	All Ages	All Ranks
Sports Poomsae	Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65	Black Belts Only
Pair Sports Poomsae	Youth, Cadet, Junior, U30, U50, U60, O60	Black Belts
Team Sports Poomsae	Youth, Cadet, Junior, U30, U50, U60, O60	Black Belts
Freestyle Individual & Pair	U17, O17	Black Belts
Sparring	All Ages	All Belts
Grassroots Sparring	12-32	Black Belts
World Class Sparring	12-32	Black Belts

ATHLETES

Registration Type	Tournament Registration	Registration Close Dates 2026	Add Event: Sparring or Poomsae
Early Bird	\$110	January 23, 2026	\$25
Regular	\$125	February 27, 2026	\$35
Late	\$135	March 18, 2026	\$55

In order to register, make sure you choose the correct age (date of birth) and you must choose a rank (Color Belt) to let you choose a division and let you make a payment.

Any onsite addons or changes will have a \$40 cash admin fee.

Payments must be made by registration due dates. If registration is not finalized by March 18, 2026.

COACHES

Early Registration	Early Registration Deadline	Regular Registration	Early Registration Deadline	Final Registration	Final Registration Date
\$45	February 4, 2026	\$55	March 4, 2026	\$75	March 16, 2026

COACHES - Coaches must have current and up-to-date Safe Sport Training and Background Check in order to participate. NO ONSITE REGISTRATION.

REFEREES

Register	https://catkd.org/events/	Final by March 1
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EVENT SCHEDULE

2026 CALIFORNIA STATE TAEKWONDO CHAMPIONSHIPS EVENT SCHEDULE

Saturday, March 28, 2026

6:00 pm	Head of teams meeting	Via Zoom & will be posted on CUTA's YouTube
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Friday, April 3, 2026

Poomsae:
All color belt Poomsae
All World Class Poomsae and Freestyle (Individual & Pair only)

TIME	DESCRIPTION OF EVENT	LOCATION
10:00am - 2:00pm 4:00pm - 7:00pm	Coaches check-in & credential pickup. (Coach must pick up with valid ID; credentials)	Double Tree Hilton Hotel
<u>10:00am - 12:00am</u>	<u>Check-in Poomsae Competitors Only</u>	Double Tree Hilton Hotel
12:00am - 3:00pm	Sparring check-in & Weigh-in for all Saturday Sparring Competitors	Double Tree Hilton Hotel
4:00pm- 5:30pm (Please plan for possible traffic/travel delays. We will close at 5:30)	Participant check-in & Weigh-in for all Saturday Sparring Competitors	Double Tree Hilton Hotel

All SATURDAY participants must Check-in AND or Weigh-in by Friday 6:00 pm

COMPETITION INFO

10:00am	Doors to arena open	Selland Arena
11:30am	First Divisions Report to Staging	Staging
12:00pm	Competition Starts for Sport Poomsae	Selland Arena
3:00pm	Competition Starts for Grassroots Poomsae Full schedule posted day of event on CUTA website	Selland Arena Staging (when called)

Schedule subject to change without notice.

If you compete on Sunday but want to enter the event venue another day, you must come to check-in to pick up your venue access during published check in times.

Saturday, April 4, 2026

Sparring:

Color Belts: All ages

Black Belts: Dragons (6-7), Tigers (8-9), All Ultra (33 & over)

TIME	DESCRIPTION OF EVENT	LOCATION
8:00am	Arena Doors Open	Selland Arena
9:00am	Sparring 6 & 7 year old 18 & Older	Selland Arena Staging Area
9:00am	Coach credentials pick up	Double Tree Hilton Hotel
10:00am – 12:00pm 1:00pm – 3:00pm	Coach credentials pick up, Check-in & Weigh-in for all Sunday Competitors	Double Tree Hilton Hotel
9:30am	Competition Starts	Selland Arena
To Be Posted	Schedule to be posted for the rest of the categories and divisions	CUTA Website & Facebook

All SUNDAY Sparring Competitors must check-in AND weigh-in by 4:00 pm.

Schedule subject to change without notice.

Sunday, April 5, 2026

Sparring:

Black Belt Sparring: Youth (10-11)

Black Belt Sparring World Class: Cadet (12-14), Junior (15-17), Senior (18-32) World Class

TIME	DESCRIPTION OF EVENT	LOCATION
8:00am	Arena Doors Open	Selland Arena
9:00am	Youth Male & Female, Sr Male & Female	Staging
9:30am	Competition Starts	Selland Arena
To Be Posted	Sparring Schedule will be posted night before event by bracket number	CUTA Website & Facebook

Schedule subject to change without notice.

REGISTRATION HELP CONTACT (make sure you have entered your rank; World Class, update your black belt certification and citizenship)

Michael Newman - mnewman@usatkd.org

CHECK-IN & WEIGH IN

Double Tree Hilton Hotel & Conference Center
2233 Ventura St.
Fresno, CA 93721

ALL COMPETITORS must check-in at registration for credential pick-up the **day before** their competition to be included in their division brackets. Poomsae must check in first then head to the competition venue.

CHECKLIST

Completing all items on this list will help ensure a speedy check-in and weigh-in process at the 2026 California State Taekwondo Championships.

- Ensure you registered online & input your correct weight and belt (rank)
- NO ONSITE registrations will be allowed.
- A valid form of ID: ID, U.S. Birth Certificate, U.S. Passport Book or Card, School ID or Report Card, Valid Driver's License or Government Issued ID, or Military ID.
- Sparring competitors: bring appropriate attire - refer to **Weigh-In Rules**.
- Bring payment if required: cash or credit/debit only. No Checks.
- Coaches must pick up during credential pick up times ONLY, no exceptions.
- Fill in Housing info (add google link)

WEIGH-IN RULES

Weigh-In is MANDATORY for ALL SPARRING COMPETITORS, DAY BEFORE YOUR EVENT.***

- ALL sparring competitors MUST weigh-in the **DAY BEFORE** the scheduled competition. A maximum of two (2) weigh-ins are allowed per athlete. The 2nd weigh-in must occur before registration is officially closed.
- Contestants are required to show a valid form of ID to weigh-in.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- *****NOTE:** Weigh-ins, for both males and females, shall be done in athletic clothing. Athletes of all ages, will be given a 0.5 kg allowance from the weight on the scale. ***Under NO circumstance may an athlete weigh-in in the nude in the U.S. No sports bras or crop tops for females, and males must wear a T-shirt.***

National Qualification

2026 California State Championship qualifies top 8 participants per division for divisions with 10 or more participants, provided a minimum of 1,300 participants is reached. Otherwise, only the top 4 will qualify for Nationals.

COACH REQUIREMENTS

In addition to the coach's attire and conduct requirements as outlined in the rules, the following requirements also apply:

- All coaches must have completed Background check and SafeSport before you can register for the event, and must be current up to the event date.
- Coach courtesy hold and match management
 - During the first round, we will make accommodations for coaches with multiple athletes in separate rings
 - Due to the scale and scheduling of this event, referees will be instructed to hold matches for a maximum of **one minute** prior to starting the match
 - Once the division brackets and match orders are set by officials, no changes will be accepted on the floor
- Coach etiquette (sparring and poomsae)
 - No recording video or pictures ringside or on the competition floor
 - No phones, headsets, earbuds, etc. at ringside or on the competition floor
 - No loitering behind the ring table
 - No questions during the competition
 - Follow all Coaches rules & Regulations
 - Have current event credentials

*****NOTE:** Violations of etiquette may be penalized with a yellow card (warning/sanction).

AWARDS

SPARRING

California Medals will be given out to the top 4 athletes in their respective divisions and weight categories: 1st Place, 2nd Place, 3rd Place and 3rd Place.

POOMSAE

California Medals will be given to the top 4 athletes in each division: 1st Place, 2nd Place, 3rd Place and 3rd Place.

Grassroots

All grassroots Black Belts divisions will be NON USATKD NATIONAL Qualification divisions. Due to Nationals not having black belt grassroot divisions.

SPARRING DIVISIONS

We will use USATKD rules and regulations, best 2 of 3 rounds will be criteria used for sparring.

FEMALE SPARRING AGE DIVISIONS & WEIGHT CATEGORIES

U= Under, O=Over

CATEGORY	AGE DIVISION	BELT	DIVISION	WEIGHT CLASS
DRAGON	6-7	YELLOW, GREEN, BLUE, RED & BLACK	U22, U25, O25	
TIGER	8-9	YELLOW, GREEN, BLUE, RED & BLACK	U24, U28, U33 & 33	
YOUTH	10-11	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & 40	
CADET	12-14	YELLOW, GREEN, BLUE, RED	U33, U37, U44, U51, U59, O59	
JUNIOR	15-17	YELLOW, GREEN, BLUE, RED	U44, U49, U55, U63, O63	
SENIOR	17-32	YELLOW, GREEN, BLUE, RED	U49, U57, U67, O67	
ULTRA	U45, O45	YELLOW, GREEN, BLUE, RED	U49, U57, U67, O67	
World Class CADET	12-14	BLACK	U29, U33, U37, U41, U44, U47, U51, U55, U59, O59	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE, MIDDLE, LIGHT HEAVY, HEAVY
World Class JUNIOR	15-17	BLACK	U42, U44, U46, U49, U52, U55, U59, U63, U68, O68	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE, MIDDLE, LIGHT HEAVY, HEAVY
World Class SENIOR	17-32	BLACK	U46, U49, U53, U57, U62, U67, U73, O73	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE, HEAVY

MALE SPARRING AGE DIVISIONS & WEIGHT CATEGORIES

U=Under, O=Over

CATEGORY	AGE DIVISION	BELT	DIVISION	WEIGHT CLASS
DRAGON	6-7	YELLOW, GREEN, BLUE, RED & BLACK	U22, U25, O25	
TIGER	8-9	YELLOW, GREEN, BLUE, RED & BLACK	U24, U28, U33 & 33	
YOUTH	10-11	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & 40	
CADET	12-14	YELLOW, GREEN, BLUE, RED	U37, U45, U49, U57, U65, O65	
JUNIOR	15-17	YELLOW, GREEN, BLUE, RED	U48, U55, U63, U73, O73	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE, MIDDLE, LIGHT HEAVY, HEAVY
SENIOR	17-32	YELLOW, GREEN, BLUE, RED	U58, U68, U80, O80	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE
ULTRA	U45, O45	YELLOW, GREEN, BLUE, RED	U58, U68, U80, O80	FIN, LIGHT, MIDDLE, HEAVY
World Class CADET	12-14	BLACK	U33, U37, U41, U45, U49, U53, U57, U61, U65, O65	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE, MIDDLE, LIGHT HEAVY, HEAVY
World Class JUNIOR	15-17	BLACK	U45, U48, U51, U55, U59, U63, U68, U73, U78, O78	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE, MIDDLE, LIGHT HEAVY, HEAVY
World Class SENIOR	17-32	BLACK	U54, U58, U63, U68, U74, U80, U87, O87	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE, HEAVY

SPARRING MATCH FORMAT

Best of 3 System (win by rounds) shall be followed for all matches

APPLICATION OF HEAD CONTACT RULES FOR CALIFORNIA STATE			Duration of Rounds
Age	Belt Color	Applicable Rules	Round - Times - Rest
Dragon 6 - 7 years	Yellow	No Head Contact	All Divisions Three - 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Tigers 8-9 years	Yellow	No Head Contact	All Divisions Three - 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Youth 10 - 11 years	Yellow	MHC	All Color Belts Three - 60 seconds - 30 seconds rest
	Green		All Black Belts Three - 60 seconds 30 seconds rest
	Blue		
	Red		
	Black		
Cadet 12 - 14 years	Yellow	MHC	All Divisions Three - 60 seconds - 30 seconds rest
	Green		World Class Black Belt Three - 90 seconds 30 seconds rest
	Blue		
	Red		
	World Class Black		
Junior 15 - 17	Yellow	Senior Rules	All Color Belts Three - 60 seconds - 30 seconds rest
	Green		World Class Black Belts Three - 90 seconds 30 seconds rest
	Blue		
	Red		
	World Class Black		
Senior	Yellow	Senior Rules	All Color Belts Three - 60 seconds - 30 seconds rest
	Green		World Class Black Belts Three - 90 seconds 30 seconds rest
	Blue		
	Red		
	World Class Black		
Ultra	Yellow	MHC	All Belts Three - 60 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
12-32	Black Belt Grassroots	MHC	Three - 60 sec. 30 sec rest

Modified Head Contact (MHC) was previously known as Junior Safety Rules (JSR)

Modified Head Contact (MHC) Rules: *Attacks to the head with light contact are allowed.* The Referee will penalize the athlete for excessive contact. The referee can decide the winner by RSC (Referee Stop Contest) in case of a significant difference of competing ability between two athletes.

COMPETITION RULE CHANGES

- Latest USATKD Kyorugi Rule Interpretation Updates can be found [here](#) (you can also find it here: <https://www.usatkd.org/usatkd-competition-rules>).
- Valid turning kicks are awarded double points:
 - Turning kick to the trunk protector = 2×2 or four (4) points.
 - Turning kick to the head = 3×2 or six (6) points.
- When using head PSS (overlays), **coaches can no longer request IVR for points to the head**. Only the center referee may request IVR after an 8 or 10 count when points do not register.
- When Daedo Gen 3 PSS and sensing gloves are used, the power of the punch is determined by the PSS and will need to be validated manually by the judge(s) to be scored.
- When head PSS, body PSS, and sensing gloves are used, the match may be operated with one judge.
- When only one judge is used, superiority is determined by the center referee, review jury and the judge.
- Weight categories for **all color belts** were changed please make sure you select the correct one.

POOMSAE INFORMATION

INDIVIDUAL COLOR BELT

Consists of 1 Male or 1 Female with belts from WHITE to RED for the following age divisions: Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Juniors (15-17), Senior (U30, U40, U50, U65, O65)

Belt	Compulsory Poomsae
Yellow Belts	Taegeuk 1, Taegeuk 2
Green Belts	Taegeuk 1, Taegeuk 2, Taegeuk 3, Taegeuk 4
Blue Belts	Taegeuk 3, Taegeuk 4, Taegeuk 5, Taegeuk 6
Red Belts	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8

INDIVIDUAL BLACK BELT POOMSAE

Age	Individual Compulsory Poomsae
6-7 8-9 Youth	Taegeuk 2, Taegeuk 3, Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo
Cadet	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek
Junior	Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon
U30	Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
U40	
U50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60	
U65	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
O65	

INDIVIDUAL BLACK BELT POOMSAE

Consists of 1 competitor for the following age divisions: Youth (10-11), Cadet (12-14), Juniors (15-17), U30 (18-30), U40 (31-40), U50 (41-50), U60 (51-60), U65 (61-65) & O65 (66+)

PAIR AND TEAM BLACK BELT POOMSAE

Age	Pair and Team Compulsory Poomsae
Youth	Taegeuk 2, Taegeuk 3, Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo
Cadet	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek
Junior	Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon
U30	Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
U50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
O60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

*2026 California State Taekwondo Championships will not have Dragon & Tiger Pair or Team Poomsae, or Color belt Co-Ed Pair or Team Poomsae.

PAIRS POOMSAE (CO-ED) (Black Belts Only)

Consists of 1 Male and 1 Female competitors for the following age divisions: Youth (10-11), Cadet (12-14), Juniors (15-17), U30 Pairs (18-30), U50 (31-50), U60 (51-60) & O60 (61+) Pairs Poomsae.

TEAM POOMSAE (Black Belts Only)

Consists of 3 competitors of the same gender for the following age divisions: Youth (10-11), Cadet (12-14), Junior (15-17), U30 Team (18-30), U50 (31-50), U60 (51-60) & O60 (61+) Team Poomsae.

METHOD OF COMPETITION - INDIVIDUAL, PAIR, AND TEAM

Side-by-Side Competition Format

- Brackets showing matches shall be published on the CUTA website prior to competition.
- Division results shall be published at the ring and on the CUTA website at the end of the day.
- For each match, two contestants shall report to the ring and be assigned as *Chung* (top of the match bracket) or *Hong* (bottom of the match bracket) contestant.
- The coordinator shall summon the contestants to their mark: *Chung, Hong, Chool-jeon*.
- The computer operator shall publish the random designated poomsae draw.
- The coordinator shall:
 - Direct the contestants to bow with the commands: *Cha-ryeot, Kyeong-rye*.
 - Begin the match: *Joon-bi, Shi-jak*.
- At the end of the contestant performances, the coordinator shall:
 - Call the contestants to return to the ready position with: *Baro, She-uh*, and:
 - Prompt the contestants to bow (*Cha-ryeot, Kyeong-rye*).
 - Command the judges to score (*Pyo-chul*).
 - Walk to a position between the athletes, prompt the athletes to bow to each other (*Cha-ryeot, Kyeong-rye*) and prompt the athletes to again face the head table
 - Declare the winner (*Chung/Hong Seung*), and then dismiss the contestants (*Tuae-jang*)

REGISTRATION

Ensure competitors are registered for ALL POOMSAE events they plan on participating in by the time registration closes. NO ONSITE registrations will take place. Meaning, if you plan on competing in a Team or in Pairs, but one (1) member did not register, your team or pair will be disqualified.

PAIR AND TEAM POOMSAE PRE-COMPETITION REQUIREMENTS

Athletes competing in Recognized Poomsae Pairs or Recognized Poomsae Teams have additional pre-competition requirements to ensure smooth competition. Pairs and Teams must report their membership. Designate one member to report. If your pair or team was able to report via Sport80 registration and your pair or team membership is accurate, you may skip this step. Otherwise if you were unable to report your pair or team membership in Sport80, or your membership has changed, you will need a Google account (e.g. a Gmail account) to access the form. All contestants must be correctly registered for their pair or team division in Sport80 prior to competition. Use your web browser to go to <https://forms.gle/fW3iaeGiTUdrX297A> or use your phone camera on the QR code on the right and choose to go to the Google Form in your web browser.



FREESTYLE POOMSAE

INDIVIDUAL FREESTYLE POOMSAE

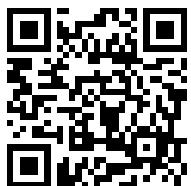
Consists of 1 competitor for the following age divisions: U17 (12-17), O17 (18+)

PAIRS FREESTYLE POOMSAE (CO-ED)

Consists of 1 Male and 1 Female competitors in the same age division for the following age divisions: U17 (12-17), O17 (18+) Pairs Poomsae.

FREESTYLE MUSIC REVIEW AND APPROVAL

All Freestyle athletes must upload their edited music files using the Google Form linked below by **Friday, March 20th, 2026**. Freestyle pairs and teams must also declare their pair or team membership using the same Google Form linked below. Athletes that do not have approved music at the time of their competition will be disqualified.



You will need a Google account (i.e. a Gmail account) to access the form. Use your web browser to go to <https://forms.gle/gh3pyCuPNLWdEE9b6> or use your phone camera on the QR code on the left and choose to go to the Google Form in your web browser.

Music must be edited to 90-100 seconds and shall not contain lyrics or spoken words in any language. The music file cannot be more than 10 MB in size, and MP3 format is preferred.

After submission, you will receive an approval code or request to resubmit within 1-2 business days. Approval codes will be issued for each individual, pair, or team, so even if the music file is the same for multiple athletes, please request approval for each individual, pair, or team. Please upload your music early, in case resubmission is required, to ensure your music is ready for your competition time.

FREESTYLE RULE CHANGES

There have been huge changes in Freestyle; the TOC has chosen the individual competition format because it is the most popular and the least changed. Among the changes include:

- The skill *Jumping Front Kicks* is now *Multiple kicks in the Air*, and the scoring criteria is now the number of types of kicks (e.g. front, side, round).
- More than 3 acrobatic techniques shall incur a 0.3 penalty for every occurrence past 3.
- The skill *Consecutive Sparring Kicks* now must have:
 - At least 3 bounces in-place (no moving or changing directions) or a SCORE OF 0 shall be given.
 - More than 5 bounces results in lower presentation.
 - 7-10 kicks
 - Fewer than 7 kicks shall result in a SCORE OF 0.
 - Double kicks → counts as 1 kick; Triple kicks → counts as 2 kicks.
 - More than 10 kicks shall be considered for presentation (but at the risk of crossing the boundary line).
 - Cannot include acrobatic kicks or spinning kicks >360°: -0.3 deduction otherwise.
 - Techniques that emulate 1:1 sparring (not multiple opponents).

COMPETITION EQUIPMENT

OFFICIAL SPARRING UNIFORM (DOBOK)

- All contestants must wear a white Taekwondo V-neck PATU/WT uniform (dobok) in good condition.
- All competitors may wear black taekwondo pants for any division (NEW as of 2024).**
- Black belts must wear black-collared uniforms.
- Poom rank (14 and under black belts) may wear poom uniforms with black and red collars.
- Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms.
- No tape will be allowed on any part of the uniform.



White V-Neck
Color Belts



Poom V-Neck
Black Belts U14



Black V-Neck
Black Belts

OFFICIAL POOMSAE UNIFORM (DOBOK)

- All contestants must wear a white Taekwondo V-neck PATU/WT approved uniform or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants' division.
- Contestants may also wear black taekwondo pants for any division (NEW as of 2024).**
- Black Belts must wear black-collared white uniforms or WT approved Poomsae competition uniform.
- Only black belt athletes 14 and under may wear a poom belt. Also, if an athlete wears a poom collar uniform they must wear a poom belt.
- Color belts may not wear black-collared uniforms.

DAEDO PSS & PROTECTIVE EQUIPMENT (Gen 3)



DAEDO E-SOCKS - REQUIRED FOR ALL (Gen 3)



DAEDO E-GLOVES - REQUIRED FOR ALL (Gen 3)



CUTA Sponsor Truescore/Daedo will be at the event selling Gen 3 socks and gloves. To purchase socks and/or gloves before the event, visit <http://bit.ly/3aTqDQI>. You can also call Truescore at 510-556-5516 (option 1) or email karina@truescore.com.

FOREARM GUARDS - REQUIRED



SHIN GUARDS - REQUIRED



HEADGEAR - REQUIRED FOR ALL COMPETITORS

BRING YOUR OWN HEADGEAR. We will use an electronic headgear adaptor over your own helmet for sanitary reasons. White, red, or blue helmets are allowed; blue or red MUST match hogu color. Headgear must be in good condition, i.e. not have any cracks and must strap securely to the head.



MOUTHGUARD - REQUIRED (Clear or White ONLY unless prescribed by a dentist)

Athletes with dental braces must wear special dentist-prescribed mouthguards for braces, that cover both upper and lower teeth, along with a note for clearance-to-compete from their dentist.



FEMALE & MALE PROTECTORS - REQUIRED



**Don't forget to use
#CUTA
and
#2026CUTAStates
as we all prepare for the 2026 CUTA State
Championship.**

We look forward to seeing you in Fresno!

Thank you!

