



SEPT 20-22
TULSA, OK

FINAL

CHAMPIONSHIPS





WELCOME TO THE 2024 UNITED STATES TAEKWONDO FINAL CHAMPIONSHIPS

The 2024 U.S. Taekwondo Final Championships event is the last USATKD domestic major event of the competition season. This event will be held in Tulsa, Oklahoma from September 20-22, 2024.

Key Points:

- Earning a medal at the 2024 U.S. Taekwondo Final Championships is a step towards qualification for the 2025 USATKD Team Trials. See the [2024 Pathways](#) for more information.
- The 2024 U.S. Taekwondo Final Championships event is USATKD 20.0 Ranking Points event.
- The 2024 U.S. Taekwondo Final Championships event is classed as a USATKD Major Event on the National Team Pathways. Winning a 1st place (gold) at the 2024 U.S. Taekwondo Final Championships event counts towards earning Domestic Dominant athlete (Black Belt Divisions – Youth, Cadet, Junior, Senior and Ultra).
- To qualify to compete at the 2024 U.S. Taekwondo Final Championships, athletes must have earned a medal (gold, silver or bronze) at a 2024 U.S. Regional Qualifier Event (East or West) or at the 2024 U.S. National Taekwondo Championships.

HOST CITY/ACCOMMODATIONS

2024 U.S. Taekwondo Final Championships

Cox Business Center Halls A & B

100 Civic Center Drive

Tulsa, OK 74103

Hotel Reservations will be through [Group Housing](#)

[U.S. Taekwondo Final Championships](#)



PROMOTER – EVENT RANKING

Promoter & Sanctioned By:

U.S.A. Taekwondo

Ranking:

20.0





USATKD POINTS OF CONTACT

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WEBSITE LINKS

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- [Method of Competition & Competition Rules](#)
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- [Poomsae Divisions](#)
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SCHEDULE OF EVENTS

Date	Event	Time	Division
Aug. 29	Registration Deadline	12:00 PM MT	All Divisions
Sep. 16	Designated Poomsae	11:59 PM MT	All Divisions
Tickets Sales Online Through Showpass			
Sep. 19	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	<p style="text-align: center;"><u>Sparring Weigh in Times</u> 1:00 PM – 4:00 PM Senior Sparring Black Belts – Male/Female Senior Sparring Color Belts – Male/Female Ultra All Belts – Male/Female</p>
	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Friday athletes must be weighed in by 4 PM		
Sep. 20	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 style="text-align: center;">Division Order TBA After Registration Closes</p> <p style="text-align: center;"><u>Sparring Divisions</u> Senior World Class – Male/Female Senior Color Belts – Male/Female Ultra All Belts – Male/Female</p> <p style="text-align: center;"><u>Poomsae</u> Under 30 All Belts – Male/Female Under 40 All Belts – Male/Female Under 50 All Belts – Male/Female Under 60 All Belts – Male/Female Under 65 All Belts – Male/Female Over 65 All Belts – Male/Female Over 70 All Belts – Male/Female</p> <p style="text-align: center;"><u>Pairs & Team Poomsae</u> Pairs Black Belt –Over 50 Team Black Belt – Over 50 – Male/Female</p> <p style="text-align: center;"><u>Special Team Trials</u> Under 50 Teams Black Belt - Female Under 60 Teams Black Belt – Male/Female Under 60 Mixed Pairs Over 60 Teams Black Belt – Male/Female Over 60 Mixed Pairs</p>



2024 U.S. TAEKWONDO FINAL CHAMPIONSHIPS
INFORMATION PACKET

Date	Event	Time	Division
Sep. 20	All athletes will be checked in automatically and will receive a virtual credential via email. *(No in person check-in required)	12 PM – 3 PM	<p align="center"><u>Sparring Weigh in Times</u> 12:00 PM - 1:30 PM Cadet World Class Black Belt – Male/Female Cadet Grassroots Black Belt – Male/Female</p> <p align="center">1:30 PM – 3:00 PM Cadet Color Belts – Male/Female Tiger All Belts – Male/Female</p>
	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Friday athletes must be weighed in by 3 PM		
Sep. 21	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	Division Order TBA After Registration Closes <p align="center"><u>Sparring</u> Cadet World Class Black Belt – Male/Female Cadet Grassroots Black Belt – Male/Female Cadet Color Belts – Male/Female Tiger All Belts – Male/Female</p> <p align="center"><u>Poomsae</u> Junior All Belts – Male/Female Cadet All Belts – Male/Female Youth All Belts – Male/Female Dragon All Belts – Male/Female</p> <p align="center"><u>Pairs & Team Poomsae</u> Pairs Black Belt Under 30 & Over 30 Teams Black Belt – Youth, Under 30, & Over 30 – Male/Female</p> <p align="center"><u>Freestyle Poomsae</u> 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)	12 PM – 3 PM	<p align="center"><u>Sparring Weigh in Times</u> 12:00 PM – 1:30 PM Youth All Belts – Male/Female Dragon All Belts – Male/Female Para – All Divisions – All Belts – Male/Female</p> <p align="center">1:30 PM – 3:00 PM Junior World Class Black Belt – Male/Female Junior Color Belts – Male/Female</p>	
Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Friday athletes must be weighed in by 3 PM			



2024 U.S. TAEKWONDO FINAL CHAMPIONSHIPS INFORMATION PACKET

Date	Event	Time	Division
Sep. 22	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	Division Order TBA After Registration Closes <u>Sparring</u> Junior World Class Black Belt – Male/Female Junior Color Belt – Male/Female Youth All Belts – Male/Female Dragon All Belts – Male/Female Para – All Divisions – All Belts – Male/Female <u>Poomsae</u> Tiger All Belts – Male/Female Para – All Divisions – All Belts – Male/Female <u>Pairs & Teams Poomsae</u> Pairs Black Belt – Youth, Cadet, & Junior Teams Black Belt – Cadet & Junior – Male/Female <u>Freestyle Poomsae</u> Freestyle Individual Black Belt – 8-11, Under 17, & Over 18 – Male/Female

ATHLETE REGISTRATION

Registration for all athletes will be done through [USATKD Sport80](https://www.usatkd.com/sport80). All registrations must be completed by the registration deadline. **There will not be any onsite registration for athletes.**

2024 U.S. Taekwondo Final Championships Registration Deadline:

Registration deadline: August 29, 2024, 12:00 PM, MST

THERE WILL BE NO LATE REGISTRATION.

USATKD HAS A NO REFUND POLICY.

All athletes must register and pay in full by the registration deadline. No exceptions will be made for not completing registration. If you are having trouble registering, please email mnewman@usatkd.org for assistance.

How-To-Register for an Event

Once on the USATKD Sport80 page:

1. Click on “Events”, located on the left-hand side of the Home Page.
2. Search for U.S. Taekwondo National Championships.
3. Click on the “Enter Now” button for the U.S. Taekwondo National Championships registration.
4. Click the +Enter button next to the athlete’s name.



2024 U.S. TAEKWONDO FINAL CHAMPIONSHIPS INFORMATION PACKET

5. Follow the registration instructions within the site.

Tips For Successful Event Registration

Athletes must have their belt information in the belt section for their Sport80 profile. Missing belt information will prevent you from being able to select a division and register for any events.

*Black Belt Athletes: In addition to having a 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.

1. Log in to your USA Taekwondo Athlete profile on Sport80
2. Click “View Profile”
3. In the left navigation, click “Center for SafeSport Training”.
4. In the top right, select the +Access Training button and follow the prompts to select and complete the SafeSport – Core Training Course.
5. After completion, within 24 hours it will automatically validate that you completed the training on your Sport80 profile.

World Class Black Belt Athletes:

A copy of your U.S. Passport, U.S. Birth Certificate, or U.S. Naturalization 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.

Athlete Event Credentials:

Athletes will receive an event credential via email prior to the start of the tournament from Katie Cleveland, kcleveland@usatkd.org. This virtual credential will be the athlete’s credential for the event.

Athlete Check-In:

Poomsae athletes are automatically checked in for the competition when they receive their Virtual Event Credential. If you have not received your credential, please reach out to mnewman@usatkd.org to resend it.

Sparring athletes are checked in when they weigh in during their scheduled weigh-in period. Any athlete who does not weigh in will be marked as “Disqualified”.

ATHLETE REGISTRATION FEES		
Event Entry Fee	Credit Card Processing Fee	Price Per Division
\$185	\$5	\$29



COACHING REQUIREMENTS AND REGISTRATION - 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.

2024 U.S. Taekwondo Final Championships Registration Deadline: August 29th, 2024, 12:00 PM, MST

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 competition) (Ages 18+)
- Have a current and valid SafeSport Core Training (Valid through the final day of competition) (Ages 18+)
- Have either an Associate Coach or Level 1 Coach Course completion in the discipline you want to coach and have it uploaded and validated on 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>

Coaches must be an Associate Coach or Level 1 or higher to coach in the World Class Sparring & World Class Poomsae divisions at the National Championships or Season Final. Your coaching certification must be in the discipline you are coaching, i.e. Kyorugi, Poomsae, or both.

SafeSport – Background Checks (Coaches 18 and over)

Coaches (Ages 18+) are required to complete and pass and 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 one month to complete. Please initiate your background screening as soon as possible to ensure it is complete before the registration closes.

The SafeSport certification must be completed in your Sport80 Profile.

1. Log in to your USA Taekwondo Coaches profile via Sport80
2. Click “View Profile”
3. In the left navigation, click “Center for SafeSport Training”
4. In the top right, select the “+Access Training” button and follow the prompts to select and complete the SafeSport – Core Training Course

Credential: All coach credentials must have a photo. These photos are taken from your profile picture on Sport80. COACH CREDENTIALS ARE NON-TRANSFERABLE.

USATKD HAS A NO REFUND POLICY

Coach Registration Fees

Entry Fee	Credit Card Processing Fee
\$80	\$5



QUALIFICATION

2024 U.S. Taekwondo Final Championships Qualification

All sparring and poomsae athletes who earn any medal (Gold, Silver, or Bronze) at a 2024 Regional Qualifier will qualify to compete at the 2024 U. S. Taekwondo Final Championships.

All sparring and poomsae athletes who earn any medal (Gold, Silver, or Bronze) at the 2024 U.S. Taekwondo National Championships in Fort Worth, Texas will qualify for the 2024 U.S. Taekwondo Final Championships

Belt Qualification Rule: All athletes will be eligible to compete at the 2024 U.S. Taekwondo Final Championships at the current belt in which they hold.

Color Belts: All athletes in Dragon, Tiger, Youth, Cadet Grassroots, Cadet Color Belt, Junior Color Belt, Senior Color Belt and Ultra Divisions will be allowed to move weight classes from the weight class they qualified for at States, Regionals, or Nationals. However, it is strongly encouraged to make the weight they “qualified” in or move up one weight class.

World Class Black Belts: All world class black belt athletes in the Cadet, Junior, and Senior age divisions must compete in the weight class they qualified in or one weight class higher at a Regional Qualifier or the 2024 U.S. Taekwondo National Championships for the 2024 U.S. Taekwondo Final Championships. Any athlete who is found to have registered in a weight class they do not qualify for will be re-registered into the division they qualify for and receive an email acknowledging the change.

For example, if an athlete qualifies in the “Fly” weight class they must compete in that weight class or the “Bantam” weight class which is one above. The athlete may not move down to the “Fin” weight class.

World Class Black Belt Weight Changes are allowed prior to the registration deadline (August 29th, 2024, at 12:00 PM MST) for the 2024 U.S. Taekwondo Final Championships. Onsite weight changes are not permitted for World Class athletes.

Age Qualification: USATKD uses the date December 31 of the given year to determine the competition age for all athletes. EX. A 14-year-old athlete turns 15 years old on September 27th, meaning they would compete as a 15-year-old athlete for all events during the calendar year.

WEIGH IN, WEIGHT CHANGES, BELT CHANGES, & BRACKETING

Weigh in times will be scheduled beforehand (see the Schedule on Pages 5, 6, & 7). All participants must provide a valid ID to weigh-in. There is no exception to this policy. Valid ID can be any of the following: Government Issued ID, School ID, GAL, Military ID or Passport. If the athlete is a minor and does not have a Valid ID, then they are allowed to provide a copy of the athlete’s birth certificate.



2024 U.S. TAEKWONDO FINAL CHAMPIONSHIPS INFORMATION PACKET

Weigh In Rules:

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 attempt is granted within the scheduled time period. A scale, one that is the same as the official scale, will be provided in the weigh in area as a test scale so that athletes can check before they step on the Official Scale.
3. Before stepping on the Official Scale, athletes are required to show their valid ID and their virtual athlete credential.
4. Any irregular action by the athlete or their coach during the weigh-in process may result in disqualification from the event.
5. Weigh in, for both male and female, shall be taken in the official V-neck uniform, or, if a contestant wishes, weigh-in may be done in underpants for adult male athletes and underpants and bra for adult female athletes. **Under no circumstances may an athlete weigh-in in the nude in the United States.**
6. Minor athletes who are 17 years old or younger must weigh-in wearing clothing or Dobok ONLY. Minor athletes will be given a 0.2kg allowance for clothing. One parent or 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 and Belt Changes:

All Weight and Belt Changes Must Be Made Before Stepping on The Official Scale. NO EXCEPTIONS.

Athletes can change weight classes through the final registration deadline at no additional fee. If an athlete would like to change their weight class before the final registration deadline, they must email mnewman@usatkd.org. After the final registration deadline, all weight changes must be made onsite at the Registration Desk. Any weight changes after the final registration deadline will incur a \$50.00 administrative fee.

Athletes can change their belt color through the final registration deadline at no additional fee. If an athlete would like to change their belt color before the competition is set to begin, they must email mnewman@usatkd.org.

METHOD OF COMPETITION & COMPETITION RULES

Athletes must wear the appropriate uniforms for sparring and/or poomsae. Click Here to view the uniform requirements: [Dobok & Equipment Standards for 2024 Events](#)

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

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

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

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

[Sparring Weight Categories](#)



2024 U.S. TAEKWONDO FINAL CHAMPIONSHIPS INFORMATION PACKET

[USATKD Kyorugi Head Contact Rules](#)

Poomsae – All poomsae divisions will be seeded for the first round according to the [USATKD National Rankings](#)

[Poomsae Divisions](#)

[Compulsory Poomsae](#)

[Designated Poomsae](#)

Estimated Report Times will be posted prior to the event after the final registration deadline has closed. Official Report times and brackets will be posted the night before after weigh-ins have concluded on the [USATKD.org](#) website.

Designated Poomsae for the event will be posted on the [USATKD.org](#) website.

GENERAL INFORMATION

Event Spectator Tickets: [2024 USATKD Final Championships - Cox Business Convention Center - Tulsa - Sep 20, 2024 · Showpass.](#)

Ticket Prices	
Event Ticket	Online Ticket Price
All Weekend Adult Pass	\$65.00
All Weekend Child Pass	\$45.00
Single Day (Adult 18+)	\$18.00
Single Day (Child 6-17)	\$13.00
Children 5 & under	FREE

Medical

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

AWARDS

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

Poomsae: Medals will be given out 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 medal if they have participated in the event. USATKD defines participation as check-in, stepping on the mat, and competing in front of judges.

INDIVIDUAL AWARDS

1 ST PLACE	GOLD MEDAL
2 ND PLACE	SILVER MEDAL
3 RD PLACE	BRONZE MEDAL
3 RD PLACE	BRONZE MEDAL



MEDIA RELEASE

I hereby agree to be filmed, videotaped and photographed, and to have my name, image, picture, likeness, voice and biographical information otherwise recorded, in any media, by USA Taekwondo (USATKD) and its official photographers, film crews and video crews, and by any other entity authorized by USA Taekwondo (the “Footage”).

I hereby grant the USA Taekwondo and its assigns the irrevocable, perpetual, fully paid-up, worldwide right and license to use, and to authorize third parties to use, in all media, the Footage for: (1) news and information purposes, (2) promotion of me and the specific competition(s) in which I compete, (3) promotion of the USA Taekwondo Teams, and (4) promotion of USA Taekwondo (including, but not limited to in videos, blogs, episodes, shows or other promotions distributed digitally through a USA Taekwondo YouTube Channel) without the need to seek any further consent from me.

I acknowledge and agree that the programming in which the Footage is used, and the media through which the Footage is distributed, may contain advertising and sponsorships; provided that, in no event may USA Taekwondo use or authorize the commercial use of the Footage in any manner that would imply my endorsement of any company, product, or service, without my written permission. My permission will not be unreasonably withheld, delayed or conditioned provided that the proposed commercial association does not create sponsor conflicts for me.

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