



2025 UNITED STATES TEAM TRIALS USA TAEKWONDO

INFORMATION PACKET

JANUARY 17-19
PORTLAND, OR
OREGON CONVENTION CENTER



PRESENTED BY KUKKIWON IN ASSOCIATION WITH TUSAH



Where Olympic & Paralympic Journeys Begin



WELCOME TO THE 2025 UNITED STATES NATIONAL TEAM TRIALS

The 2025 U.S. National Team Trials event will take place January 17-19, 2025, in Portland, Oregon.

This event is for Black Belt World Class Qualified athletes. This event will host multiple Team Trials, with the winners being awarded the following:

Athletes who compete and win 1st place at this event will earn a position on the 2025 US National Taekwondo Team (Kyorugi & Poomsae)

Kyorugi Information:

Senior: Athletes who compete and win 1st place at the 2025 US National Team Trials will earn a position on the 2025 US National Taekwondo Team. The USATKD National Team Member will compete at the 2025 World Taekwondo Championships and any Continental Championships.

Junior: Athletes who compete and win 1st place at the 2025 US National Team Trials will earn a position on the 2025 US National Taekwondo Team. The USATKD National Team Member will compete at any Continental Championships.

Cadet: Athletes who compete and win 1st place at the 2025 US National Team Trials will earn a position on the 2025 US National Taekwondo Team. The USATKD National Team Member will compete at the 2025 World Taekwondo Cadet Championships and any Continental Championships.

Poomsae Information:

Athletes who compete and win 1st place at the 2025 US National Team Trials will earn a position on the 2025 US National Taekwondo Team. The USATKD National Poomsae Team will represent the USA at any Continental Championships or any other National Team Events.

HOST CITY/ACCOMMODATIONS

2025 U.S. National Team Trials

Oregon Convention Center

777 NE Martin Luther King, Jr. Blvd

Portland, Oregon 97232

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

[U.S. National Team Trials](#)



PROMOTER – EVENT RANKING

Promoter & Sanctioned By:

U.S.A. Taekwondo





USATKD POINTS OF CONTACT

Christine Simmons, Managing Director

cssimmons@usatkd.org

Katie Cleveland, Events Senior Manager

kcleveland@usatkd.org

Michael Newman, Events Assistant Manager

mnewman@usatkd.org

For questions regarding 2024 National Team pathways, please contact

Eric Winger, Associate Director of National Teams

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USATKD

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WEBSITE LINKS

- [How-To-Register as an Athlete](#)
- [How-To-Register as a Coach](#)
- [Method of Competition & Competition Rules](#)
- [Dobok & Equipment Standards for 2024 Events](#)
- [Sparring Weight Categories](#)
- [USATKD Kyorugi Head Contact Rules](#)
- [Poomsae Divisions](#)
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- [2024 National Team Pathways and Procedures](#)



SCHEDULE OF EVENTS

Date	Event	Time	Division
Jan. 2	Registration Deadline	12:00 PM MT	All Divisions
Jan. 13	Designated Poomsae	11:59 PM MT	All Divisions
Tickets Sales Online Through Showpass			
Jan. 16	All athletes will be checked in automatically and will receive a virtual credential via email. *(No in person check-in required)	1 PM – 3 PM	<p style="text-align: center;"><u>Sparring Weigh in Times</u> 1:00 PM – 3:00 PM</p> <p>Senior Sparring Male – (-58 kg), (-68 kg), (-80 kg), & (+87 kg)</p> <p>Senior Sparring Female – (-49 kg), (-57 kg), (-67 kg), & (+73 kg)</p>
	Coach Credential Pick Up and Athlete Weigh-in *All Friday athletes must be weighed in by 3 PM		
Jan. 17	Doors Open	8:00 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	8:30 AM	<p>Division Order TBA After Registration Closes</p> <p style="text-align: center;"><u>Sparring Divisions</u></p> <p>Senior Sparring Male – (-58 kg), (-68 kg), (-80 kg), & (+87 kg)</p> <p>Senior Sparring Female – (-49 kg), (-57 kg), (-67 kg), & (+73 kg)</p> <p style="text-align: center;"><u>Recognized Poomsae</u></p> <p>Under 50 World Class – Male/Female Under 60 World Class – Male/Female Under 65 World Class – Male/Female Over 65 World Class – Male/Female Over 70 Black Belt – Male/Female Pairs Black Belt Under 60 – Male/Female Pairs Black Belt Over 60 – Male/Female Team Black Belt Under 60 – Male/Female Team Black Belt Over 60 – Male/Female</p> <p style="text-align: center;"><u>Freestyle Poomsae</u></p> <p>Freestyle Individual 12-17 – Male/Female Freestyle Pairs 12-17 – Male/Female Freestyle Teams Over 17 – Male/Female</p>



2025 U.S. NATIONAL TEAM TRIALS INFORMATION PACKET

Date	Event	Time	Division
Jan. 17	All athletes will be checked in automatically and will receive a virtual credential via email. *(No in person check-in required)	10 AM – 12 PM	<p align="center"><u>Sparring Weigh in Times</u> 10:00 AM – 12:00 PM Junior Sparring Black Belts – Male/Female</p>
	Coach Credential Pick Up and Athlete Weigh-in *All Saturday athletes must be weighed in by 12 PM		
Jan. 18	Doors Open	8:00 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	8:30 AM	<p>Division Order TBA After Registration Closes</p> <p align="center"><u>Sparring</u> Junior Sparring Black Belts – Male/Female</p> <p align="center"><u>Recognized Poomsae</u> Cadet World Class – Male/Female Under 30 World Class – Male/Female Pairs Junior – Male/Female Pairs Under 30 – Male/Female Teams Cadet – Male/Female Teams Under 50 – Male/Female</p> <p align="center"><u>Freestyle Poomsae</u> Freestyle Individual (Over 17) – Male/Female Freestyle Teams 12-17 – Male/Female</p>
Jan. 18	All athletes will be checked in automatically and will receive a virtual credential via email. *(No in person check-in required)	10 AM – 12 PM	<p align="center"><u>Sparring Weigh in Times</u> 10:00 AM – 12:00 PM Cadet World Class Black Belt – Male/Female Senior Sparring Male – (-54 kg), (-63 kg), (-74 kg), (-87 kg) Senior Sparring Female – (-46kg), (-53 kg), (-62 kg), (-73 kg)</p>
	Coach Credential Pick Up and Athlete Weigh-in *All Sunday athletes must be weighed in by 12 PM		



Date	Event	Time	Division
Jan. 19	Doors Open	8:00 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	8:30 AM	Division Order TBA After Registration Closes <u>Sparring</u> Cadet World Class Black Belt – Male/Female Senior Sparring Male – (-54 kg), (-63 kg), (-74 kg), (-87 kg) Senior Sparring Female – (-46kg), (-53 kg), (-62 kg), (-73 kg) <u>Recognized Poomsae</u> Junior World Class – Male/Female Under 40 World Class – Male/Female Pairs Cadet – Male/Female Pairs Under 50 – Male/Female Teams Junior – Male/Female Teams Under 30 – Male/Female <u>Freestyle Poomsae</u> Freestyle Pairs Over 17 – Male/Female

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.**

2025 U.S. National Taekwondo Team Trials Registration Deadline:

Registration deadline: Jan 2, 2025, 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. Team Trials.
3. Click on the “Enter Now” button for the U.S. Team Trials 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 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.

Recognized and Freestyle Poomsae Pairs and Teams:

Please read the 2025 Poomsae Pathways for details of the Poomsae bracketing procedures. If you are interested in competing in the Qualification Round of the 2025 US National Team Trials, please fill out the form below. Only one athlete will fill out the form per Team/Pair.

The deadline to complete this form is November 1st. After November 1st, the registration will be manually added to your Sport80 profile. Once added, athletes will receive an email for payment for the division. Registration will be complete only if payment is made in full prior to the registration deadline.

Recognized Pairs: <https://usat.wufoo.com/forms/m10j6dtw11sfj5g/>

Recognized Teams: <https://usat.wufoo.com/forms/m2ojno51fa5yhk/>

Freestyle Pairs: <https://usat.wufoo.com/forms/m14di0pz0q38zas/>

Freestyle Teams: <https://usat.wufoo.com/forms/mm7dm3m1xbc5zz/>

Athlete Event Credentials:

Athletes will receive an event credential via email prior to the start of the tournament from Katie Cleveland, kcleveland@usatk.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@usatk.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
\$190	\$5	\$30

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.

2025 U.S. National Team Trials Registration Deadline: January 2nd, 2025, 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 (Annually). 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

2025 U.S. National Team Trials Qualification

Please view the [2025 US National Team Pathways and Selection Procedures](#) on the USATKD Website for all 2025 US Team Trials qualification information.

World Class Black Belts: All world class black belt athletes in the Cadet and Junior age divisions must compete in the weight class they qualified in or one weight class higher than the one they qualified in. 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 (January 2nd, 2025, at 12:00 PM MST) for the 2025 US National Team Trials. Onsite weight changes are not permitted for World Class athletes.

*****World Class Senior Sparring Athletes may compete in the weight category they qualified in, one weight category higher, or one weight category lower at the 2025 US Team Trials. This will only be allowed for the 2025 US National Team Trials.**

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 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.



WEIGH IN, WEIGHT CHANGES, BELT CHANGES, & BRACKETING

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 calibrated the same as the official scale, will be provided in the weigh in area as a test scale so that athletes can check prior to stepping 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 adult athletes 18 years old and older, 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.
7. Phones are NOT ALLOWED in the weigh in area unless being used to show virtual credentials. Pictures and/or videos are absolutely not allowed to be taken while in the weigh in area.

*Cadet Weigh ins:

USATKD will be recording Cadet Heights and Weights at the 2025 US Team Trials for use in any 2025 International Events. The divisions at the 2025 US National Team Trials will still be broken out by weight categories only and all USATKD domestic events will use Cadet Weight Categories only.

Weight Changes and Belt Changes:

There will be no weight changes onsite at the 2025 US National Team Trials.

Athletes can change weight classes through the final registration deadline. 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, weight changes will no longer be allowed.

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 National Team Selection Procedures [2025 US National Team Pathways and Selection Procedures](#)



Sparring – A single elimination format will be applied to all sparring divisions with 5 or more athletes. Divisions of 3 or 4 athletes will compete in a round robin format. Divisions of 2 athletes will compete in a best 2 out of 3 matches.

[Sparring Weight Categories](#)

[USATKD Kyorugi Head Contact Rules](#)

Poomsae – All poomsae divisions will be drawn for the first round according to the [2025 US National Team Pathways and Selection Procedures](#)

- [Poomsae Divisions](#)
- [Compulsory Poomsae](#)
- [Designated Poomsae](#)

Freestyle Poomsae: An email will be sent to all athletes after the registration deadline to submit music. Estimated Report Times will be posted prior to the event after the final registration deadline has closed. Final 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: [Showpass](#) All tickets sales are now Online Only. Come to the registration desk to redeem your online purchased tickets for a colored wrist band for entry into the tournament.

TICKET PRICES

Event Ticket	Online Ticket Price
All Weekend Adult Pass	\$56.00
All Weekend Child Pass	\$41.00
All Weekend Senior (65+)	\$47.00
Single Day (Adult 18+)	\$20.00
Single Day (Child 6-17)	\$15.00
Single Day (Senior 65+)	\$17.00
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”).

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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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