



2025 ILLINOIS STATE CHAMPIONSHIPS

SUNDAY APRIL 27TH 2025

ATTEA MIDDLE SCHOOL

2500 CHESTNUT AVE,

GLENVIEW IL 60025

USATAEKWONDO.SPORT80.COM



2025 USAT ILLINOIS State Championship



Dear Coaches, Athletes, and Families,

It is our pleasure to invite you to the 2025 USAT Illinois State Championship.

This year's event will be held on Sunday April 27th, 2025 at ATTEA Middle School in Glenview IL.

We are excited to once again bring this event back Illinois and are looking forward to a great day of competition. We are pleased to announce that all sparring divisions will run with Daedo Gen2 PSS with E-head gear and Poomsae Pro for all poomsae competitions.

All Sparring Athletes MUST weigh in the day prior to the competition event- Weigh ins will take place Saturday April 26th at the venue from 9:00am -12:00pm and 1:00pm – 3:00pm. Poomsae Athletes **DO NOT** need to weigh in. Designated Poomsae's will be released 1 week prior to competition date.

All Athletes, Coaches and Referees MUST be members of USAT in order to be eligible to compete at this event. Registrations must be completed online at usataekwondo.sport80.com before the registration deadline, **THURSDAY APRIL 17TH 2025 at 12pm MST**. There will be no registration accepted after the deadline or at the door registration the day of the event.

All coaches must pass the USA Taekwondo required background check, be SafeSport certified and register online at usataekwondo.sport80.com. Additionally, coaches for black belt athletes in the Cadet, Junior, and Senior divisions are required to be Level 1 Certified.

Coaches who only have Color belts, Creative Board breaking, or Black Belt Dragon, Tiger, Youth, and/or Ultra divisions do NOT have to be level 1 certified in order to coach.

We look forward to hosting another great event and look forward to seeing you all soon!

Master Ray Kyi

2025 Illinois State President.

EVENT POINTS OF CONTACT

RAY KYI- 847-998-1111

SANCTIONED BY

USATKD

1015 Garden of the Gods Road

Suite 110

Colorado Springs, CO 80907

GOVERNANCE

All sanctioned Championships must use and follow the USA Taekwondo Rules and Regulations.

For current Sparring and Poomsae rules please refer to the following link:

<https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

VENUE

ATTEA MIDDLE SCHOOL

2500 CHESTNUT AVE,

GLENVIEW, IL 60025

LODGING

Sheraton Chicago Northbrook- 1110 Willow Rd, Northbrook, IL 60062•

(847) 480-1900

Staybridge Suites Chicago, Glenview- 2600 Lehigh Ave, Glenview, IL 60026•

(847) 657-0002

Courtyard by Marriott Chicago, Glenview/Northbrook- 1801 N Milwaukee Ave, Glenview, IL 60025• (847) 803-2500

EVENT SPECTATOR TICKETS ADULTS- \$15.00 / CHILD (6-12)- \$5.00 / 5 & UNDER- FREE

EVENTS

Sparring

Poomsae, Individual, Team, Pairs, Freestyle

Creative Board Breaking

Weapons *NOT A NATIONAL QUALIFYING EVENT

Black Belt CADET Grassroots- *NOT A NATIONAL QUALIFYING EVENT

SCHEDULE

WILL BE ANNOUNCED AFTER REGISTRATION CLOSING ON APRIL 17TH- 12:00PM MST

****DESIGNATED POOMSAE TO BE RELEASED 1 WEEK PRIOR TO COMPETITION DATE**

WEIGH INS

- All sparring competitors must weigh-in the day before the competition (Saturday, APRIL 26TH).

- Athletes only competing in Poomsae (Forms) do not need to weigh-in.

Weigh Ins will take place at the Venue- ATTEA Middle School 2500 Chestnut Ave, Glenview 60025 on Saturday, April 26th 9:00am – 12:00pm / 1:00pm – 3:00pm

Important: There will be a \$50 fee for any weight or belt changes made after APRIL 17th. Please check your profile in Sport 80 to ensure all information entered is correct before registering (including current belt/rank).

CHECKLIST

Completing all items on this list will help ensure a speedy check-in and weigh-in process

- ✓ 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."**

REGISTRATION DEADLINES & FEES

Registration for all athletes, coaches, and referees will be done through USATKD Sport80. All registrations must be completed by the registration deadline.

Registration deadline: APRIL 17TH- 12:00PM MST

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

The SafeSport and background check can be completed from your Sport80 profile.

Athletes will need to check their belt information in the belt section BEFORE registering.

Athletes will need to make sure a belt color is added in your Sport80 profile. Not having belt information will prevent you from being able to select any events. **Black belt athletes will need to upload a copy of their black belt certificate in Sport80.**

Registration for all athletes, coaches, and referees will be done through USATKD Sport80. All registrations must be completed by the registration deadline.

COACH REGISTRATION

Coaches must fulfill the following criteria in order to coach at the event:

1. Have a current USA Taekwondo Membership
2. USA Taekwondo background checked (must be updated every 2 years)
3. Safesport certified through USAT (must be updated every year)
4. Pass the USA Taekwondo Associate Quiz
5. Take the online Coaches' Edge Webinar
6. Register online at usataekwondo.sport80.com

Please note anyone without those qualifications will not be able to enter the competition floor. No exceptions will be made.

Coach Dress Code:

Coaches are prohibited from wearing jeans, shorts, tank-tops, hat/cap, tight leggings, or slippers on the competition floor while actively coaching an athlete.

WEIGH-INS & BRACKETING

WEIGH-IN

1. A competitor's weight shall be measured the day prior to their competition day.

Weigh-ins will take place on Saturday, April 26th. All competitors must weigh-in during the designated times on the schedule. There will be no weigh-ins on Sunday, April 27th

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

SPARRING

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.

SENIOR MALE AND FEMALE WEIGHT CATEGORIES

	Men's Division	Women's Division
Fin	Not exceeding 54 kg (Not exceeding 119.0 lbs)	Not exceeding 46 kg (Not exceeding 101.4 lbs)
Fly	Over 54 kg & not exceeding 58 kg (119.1 lbs – 127.9 lbs)	Over 46 kg & not exceeding 49 kg (101.5 lbs – 108.0 lbs)
Bantam	Over 58 kg & not exceeding 63 kg (128.0 lbs – 138.9 lbs)	Over 49 kg & not exceeding 53 kg (108.1 lbs – 116.9 lbs)
Feather	Over 63 kg & not exceeding 68 kg (139.0 lbs – 149.9 lbs)	Over 53 kg & not exceeding 57 kg (117.0 lbs – 125.7 lbs)
Light	Over 68 kg & not exceeding 74 kg (150.0 lbs – 163.1 lbs)	Over 57 kg & not exceeding 62 kg (125.8 lbs – 136.7 lbs)
Welter	Over 74 kg & not exceeding 80 kg (163.2 lbs – 176.4 lbs)	Over 62 kg & not exceeding 67 kg (136.8 lbs – 147.7 lbs)
Middle	Over 80 kg & not exceeding 87 kg (176.5 lbs – 191.8 lbs)	Over 67 kg & not exceeding 73 kg (147.8 lbs – 160.9 lbs)
Heavy	Over 87 kg (191.8 lbs and over)	Over 73 kg (161.0 lbs and over)

JUNIOR MALE AND FEMALE WEIGHT CATEGORIES

	Junior Men's Division	Junior Women's Division
Fin	Not exceeding 45 kg	Not exceeding 42 kg
Fly	Over 45 kg not exceeding 48 kg	Over 42 kg not exceeding 44 kg
Bantam	Over 48 kg not exceeding 51 kg	Over 44 kg not exceeding 46 kg
Feather	Over 51 kg not exceeding 55 kg	Over 46 kg not exceeding 49 kg
Light	Over 55 kg not exceeding 59 kg	Over 49 kg not exceeding 52 kg
Welter	Over 59 kg not exceeding 63 kg	Over 52 kg not exceeding 55 kg
Light Middle	Over 63 kg not exceeding 68 kg	Over 55 kg not exceeding 59 kg
Middle	Over 68 kg not exceeding 73 kg	Over 59 kg not exceeding 63 kg
Light Heavy	Over 73 kg not exceeding 78 kg	Over 63 kg not exceeding 68 kg
Heavy	Over 78 kg	Over 68 kg

CADET MALE AND FEMALE WEIGHT CATEGORIES

Men's Division		Women's Division	
Under 33	Not exceeding 33 kg	Under 29	Not exceeding 29 kg
Under 37	Over 33 kg & not exceeding 37 kg	Under 33	Over 29 kg & not exceeding 33 kg
Under 41	Over 37 kg & not exceeding 41 kg	Under 37	Over 33 kg & not exceeding 37 kg
Under 45	Over 41 kg & not exceeding 45 kg	Under 41	Over 37 kg & not exceeding 41 kg
Under 49	Over 45 kg & not exceeding 49 kg	Under 44	Over 41 kg & not exceeding 44 kg
Under 53	Over 49 kg & not exceeding 53 kg	Under 47	Over 44 kg & not exceeding 47 kg
Under 57	Over 53 kg & not exceeding 57 kg	Under 51	Over 47 kg & not exceeding 51 kg
Under 61	Over 57 kg & not exceeding 61 kg	Under 55	Over 51 kg & not exceeding 55 kg
Under 65	Over 61 kg & not exceeding 65 kg	Under 59	Over 55 kg & not exceeding 59 kg
Over 65	Over 65 kg	Over 59	Over 59 kg

YOUTH MALE AND FEMALE WEIGHT CATEGORIES

Men's Division		Women's Division	
Under 30	Not exceeding 30 kg	Under 30	Not exceeding 30 kg
Under 35	Over 30 kg & not exceeding 35 kg	Under 35	Over 30 kg & not exceeding 35 kg
Under 40	Over 35 kg & not exceeding 40 kg	Under 40	Over 35 kg & not exceeding 40 kg
Over 40	Over 40 kg	Over 40	Over 40 kg

TIGER MALE AND FEMALE WEIGHT CATEGORIES

Men's Division		Women's Division	
Under 21kg	Not exceeding 21kg (46lbs)	Under 21kg	Not exceeding 21kg (46lbs)
Under 25kg	Over 21kg (46lbs) & not exceeding 25kg (55lbs)	Under 25kg	Over 21kg (46lbs) & not exceeding 25kg (55lbs)
Under 30kg	Over 25kg (55lbs) & not exceeding 30kg (66lbs)	Under 30kg	Over 25kg (55lbs) & not exceeding 30kg (66lbs)
Over 30kg	Over 30kg (66lbs)	Over 30kg	Over 30kg (66lbs)

Note: Official weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.

DRAGON MALE AND FEMALE WEIGHT CATEGORIES

Men's Division		Women's Division	
Under 19kg	Not exceeding 19kg (42lbs)	Under 19kg	Not exceeding 19kg (42lbs)
Under 23kg	Over 19kg (42lbs) & not exceeding 23kg (51lbs)	Under 23kg	Over 19kg (42lbs) & not exceeding 23kg (51lbs)
Under 27kg	Over 23kg (51lbs) & not exceeding 27kg (59lbs)	Under 27kg	Over 23kg (51lbs) & not exceeding 27kg (59lbs)
Over 27kg	Over 27kg (59lbs)	Over 27kg	Over 27kg (59lbs)

Note: Official weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.

POOMSAE

DESIGNATED POOMSAE TO BE RELEASED 1 WEEK PRIOR TO COMPETITION DATE

USATKD POOMSAE DIVISIONS

INDIVIDUAL POOMSAE DIVISIONS

AGE CLASS	AGE DIVISION	BELT COLOR
DRAGON	6-7 YEARS OLD	ALL BELTS
TIGER	8-9 YEARS OLD	ALL BELTS
YOUTH	10-11 YEARS OLD	ALL BELTS
CADET	12-14 YEARS OLD	ALL BELTS
JUNIOR	15-17 YEARS OLD	ALL BELTS
UNDER 30	18-30 YEARS OLD	ALL BELTS
UNDER 40	31-40 YEARS OLD	ALL BELTS
UNDER 50	41-50 YEARS OLD	ALL BELTS
UNDER 60	51-60 YEARS OLD	ALL BELTS
UNDER 65	61-65 YEARS OLD	ALL BELTS
OVER 65	66 & OLDER	ALL BELTS
OVER 70	71 & OLDER	ALL BELTS

PAIRS POOMSAE

CO-ED: 1 MALE & 1 FEMALE

CADET (12-14), JUNIOR (15-17), UNDER 30 (18-30), UNDER 60 (31-60) & OVER 60 (61+)

DIVISION	BELT	GENDER
CADET	BLACK	CO-ED
JUNIOR	BLACK	CO-ED
UNDER 30	BLACK	CO-ED
UNDER 50	BLACK	CO-ED
UNDER 60	BLACK	CO-ED
OVER 60	BLACK	CO-ED

TEAM POOMSAE		
3 COMPETITORS OF THE SAME GENDER		
CADET (12-14), JUNIOR (15-17), UNDER 30 (18-30), UNDER 60 (31-60) & OVER 60 (61+)		
DIVISION	BELT	GENDER
CADET	BLACK	MALE
CADET	BLACK	FEMALE
JUNIOR	BLACK	MALE
JUNIOR	BLACK	FEMALE
UNDER 30	BLACK	MALE
UNDER 30	BLACK	FEMALE
UNDER 50	BLACK	MALE
UNDER 50	BLACK	FEMALE
UNDER 60	BLACK	MALE
UNDER 60	BLACK	FEMALE
OVER 60	BLACK	MALE
OVER 60	BLACK	FEMALE

INDIVIDUAL FREESTYLE POOMSAE		
12-17 & 18+		
DIVISION	BELT	GENDER
12-17	BLACK	MALE
12-17	BLACK	FEMALE
18+	BLACK	MALE
18+	BLACK	FEMALE

PAIRS FREESTYLE POOMSAE		
COED: 1 MALE & 1 FEMALE		
12-17 & 18+		
DIVISION	BELT	GENDER
12-17	BLACK	CO-ED
18+	BLACK	CO-ED

TEAMS FREESTYLE POOMSAE		
COMPOSITION OF 5 MEMBERS OF AT LEAST 2 MALES & 2 FEMALES		
12-17 & 18+		
DIVISION	BELT	GENDER
12-17	BLACK	CO-ED
18+	BLACK	CO-ED

TEAMS DIVISIONS	COMPULSORY POOMSAE
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG
JUNIOR	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
UNDER 30	TAEGEUK 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
OVER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
COMPULSORY POOMSAE – COLOR BELTS	
DIVISION	COMPULSORY POOMSAE
YELLOW BELT	TAEGEUK 1, 2 JANG
GREEN BELT	TAEGEUK 1, 2, 3, 4 JANG
BLUE BELT	TAEGEUK 3, 4, 5, 6, JANG
RED BELT	TAEGEUK 4, 5, 6, 7, 8 JANG

COMPULSORY POOMSAE – BLACK BELTS

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
DRAGON	TAEGEUK 2, 3, 4, 5, 6, 7, 8 JANG, KORYO
TIGER	
YOUTH	
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
JUNIOR	TAEGEUK 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON
UNDER 30	TAEGEUK 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE
UNDER 40	
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
UNDER 65	
OVER 65	
OVER 70	
PAIRS DIVISIONS	COMPULSORY POOMSAE
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG
JUNIOR	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
UNDER 30	TAEGEUK 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
OVER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU

CREATIVE BOARD BREAKING:

All boards MUST be purchased on site.

Standard board sizes:

- 6 - 9 years old: 1/4 x 10 x 12-inch Pine Board
- 10 - 14 years old: 1/2 x 10 x 12-inch Pine Board
- 15 - 17 years old: 1 x 10 x 12-inch Pine Board
- 18 + years old: 1 x 10 x 12-inch Pine Board

CREATIVE Board Breaking General Rules

- Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 15 boards. Any Taekwondo striking or kicking technique may be used, apart from head strikes, which are a 0.3 procedural deduction each.
- Competitors must provide their own board holder assistants. (Please note that board holder credentials are not a pass into the event; persons receiving this credential will need to pick it up in the designated holding area and return it to the holding area after competition).
- Competitors and helpers will have three minutes to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments. Exceeding the time limit will result in 0.3 procedural deduction in the final score for each 10 seconds, or fraction thereof, over the time. (Example: 12 seconds over = 0.6 procedural deduction.) If computer scoring is not used, a timer will be provided for each ring.
- In the interest of safety, competitors may not use props such as chairs, trampolines, tables, etc. for aerial techniques. However, board holders may be used as “human launch pads.” No glitter, confetti, explosives or sound makers may be used. Blindfolds are permitted.
- Multiple attempts of a single break are allowed, but each unbroken board will result in a 0.3 technical deduction

Please see the USAT Creative Board Breaking packet for complete list of rules and regulations.

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

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 Poom V-Neck Black V-Neck
- Color Belts Black Belts U14 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.
- Color belts may not wear black-collared uniforms.

METHOD OF COMPETITION

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

<http://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

Sparring - A single elimination format will be applied to all sparring divisions. All sparring divisions will use the USATKD National Rankings sponsored by Tusah to determine seeding and brackets.

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. Poomsae pro will be used for World Class divisions.

Board Breaking - Judges scoring based on the rules set-forth online.

BLACK BELT REQUIREMENTS

PROOF OF BLACK BELT REQUIREMENT

If an athlete doesn't have a black belt certification uploaded to their profile or provide a copy of certification at the time of registration, the State Association will be able to utilize the black belt verification form. The form will include contact information so that USA Taekwondo can track that each person provides a copy of their black belt certification by the National Championships. If a copy is not provided at the National Championships, then the athlete's coach and/or instructor will be required to apply for a USA Taekwondo Dan black belt certificate at the time of registration. For more information on the USA Taekwondo Dan certification program follow this link:

<http://www.teamusa.org/USA-Taekwondo/Resources/Dan-Certification-Program>

Sparring Athletes:

Daedo Gen2 E-head gear will be used for all divisions, including color belts. All athletes must provide their own Daedo Gen2 socks. Gen2 Daedo socks will NOT be available for purchase on-site.

Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory for both male and female competitors), **gloves (World Class divisions only)**, forearm protector, shin-instep protectors, Daedo socks, and a mouth guard before entering the Contest Area. 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. 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.

Mouth guards may be any color except solid red.

AWARDS:

SPARRING

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

Individual Awards	
1 st Place	
2 nd Place	
3 rd Place	
3 rd Place	

POOMSAE

Medals will be given to the top 4 individuals, pairs (co-ed) and teams in the respective divisions.

Individual/Pairs/Team Awards	
1 st Place	
2 nd Place	
3 rd Place	
3 rd Place	

USA TAEKWONDO CODE OF CONDUCT

The following outline is the Code of Conduct for USA Taekwondo (USAT). The Code is for all athletes, coaches, tournament committee, referees and staff members to fully abide by when participating in any and all USA Taekwondo sanctioned event(s). Failure to comply with the following guidelines can result in the removal from an event, dismissal from future USAT

sanctioned events, and/or the complete suspension from participation as a competitor, coach or staff member in future USAT sanctioned events.

1. One will act in a manner consistent with the spirit of fair play and responsible conduct.
2. One will acknowledge, respect and adhere to the authority of USA Taekwondo's appointed event staff and tournament staff if necessary.
3. One will fully comply with USA Taekwondo (USAT) and the World Taekwondo Federation (WTF) uniform requirement.
4. One will maintain an appropriate level of fitness to promote optimal athletic performance.
5. One will refrain from the excessive use of performance-limiting drugs, including, but not limited to, tobacco and alcohol.
6. One will refrain from using any substance on the Olympic Movement Anti-Doping Code, as enforced by USADA.
7. One will abide by the policies and rules established by USAT, the USOC and the World Taekwondo Federation.
8. One will respect others, including coaches, competitors, officials, and spectators.
9. One will not engage in, nor tolerate, any form of verbal, physical or sexual abuse.
10. One will respect the property of others.
11. One will refrain from illegal or inappropriate behavior that would deter from a positive image of oneself and USA Taekwondo.
12. One will maintain a positive attitude and act in a way that will bring honor to oneself, the staff, the sport of Taekwondo, USA Taekwondo and the United States of America.
13. One will remember that I am an ambassador of USA Taekwondo, my country and the Olympic movement.

USA Taekwondo recognizes that this Code does not establish a comprehensive set of rules that prescribes every aspect of appropriate behavior.

SAFESPORT & MAAPP

If you need crisis intervention, referrals, or emotional support at any time, contact the 24-hour SafeSport Helpline at 866-200-0796.

If you are facing a life-threatening emergency, contact 911. Please use this link to report a Safe Sport incident - <https://uscenterforsafesport.org/report-a-concern/>

How to report a Safe Sport concern - Please call 833 5US Safe

<https://uscenterforsafesport.org/report-a-concern/>

USA Taekwondo, SafeSport and the MAAPP Policy

Safe Sport is an initiative that is mandatory for all USOPC National Governing Bodies to develop and to implement. USA

Taekwondo has done so, and it is now a requirement that people in supervisory positions with our Taekwondo athletes must

undergo and successfully complete a background check. Of course, the emphasis here is on the safety of our athletes and

the strong motivation to keep them safe from all kinds of abuse, to include harassment, bullying and improper touching. We

will also be providing training for our membership regarding Safe Sport and its implementation.

We are partnering with the USOPC to bring this training to our membership. Athlete safety concerns our entire membership

and SafeSport is a great initiative that has been instituted by the U.S. Olympic & Paralympic Committee to help to protect all

of our athletes.

The Minor Athlete Abuse Prevention Policies (MAAPP) limits one-on-one adult/minor interactions and sets standards for

training and sport settings that prevent abuse and misconduct. Sport organizations invested in keeping young athletes free

of abuse are strongly encouraged to adopt the MAAPP—now required throughout the U.S.

Olympic and Paralympic Movement. Click here to view the US Center for SafeSport [USA Taekwondo | SafeSport](#)