

USA TKD AZ STATE CHAMPIONSHIPS

MAR
21 **2026**



ALL medalist qualify for Nationals!

Sparring, Poomsae & Board Breaking
Daedo Gen 2 ALL belts

Washington High School

2217 W Glendale Ave, Phoenix, AZ 85021

Doors open at 8 AM

Competition to begin at 9 AM

Admission : \$20 per person 5 yrs & up. Cash only at the door.

Register online at www.usataekwondo.sport80.com

Early Registration deadline 3/1/2026. Registration deadline 3/11/2026.



Tournament Director : Grand Master Rubben Lolly

Tournament Host : Arizona Taekwondo Association

Contact : 480.632.1894

email : masterrubbenfirstkd@gmail.com





STATE CHAMPIONSHIP

ARIZONA STATE CHAMPIONSHIP INFORMATION PACKET/PRE- EVENT MANUAL



STATE CHAMPIONSHIP

WELCOME TO THE 2026 Arizona State Championship!

Welcome to the 2026 Arizona State Championship!

The Arizona State Championship will serve as a qualifying event for the 2026 U.S. National Taekwondo Championships, to be held in Charlotte, North Carolina.

Key Points:

- **All athletes who earn a medal (Gold, Silver, Bronze) will be eligible for the U.S. National Taekwondo Championships.**

***See Page 10 for World Class Qualification Requirements**

CITY/ACCOMMODATIONS

2026 USATKD Arizona State Championship

Washington High School

2217 W. Glendale Ave.

Phoenix, AZ 85053

Hotel Information:

DoubleTree by Hilton Phoenix North

10220 N. Metro Parkway East, Phoenix, AZ 85051

Hotel: 602-997-5900

Booking link will be available on the Arizona State Association Facebook page.

PROMOTER – EVENT RANKING

Promoted & Sanctioned By:

U.S.A. Taekwondo

and

Arizona State Taekwondo Association

Ranking:

12.0



STATE POINTS OF CONTACT

Contact Name: Grand Master Rubben Lolly

Email: masterrubbenfirsttkd@gmail.com

For any and all USATKD Staff registration questions, email support@usatkd.zendesk.com



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WEBSITE LINKS

- [How-To-Register as an Athlete](#)
- [How-To-Register as a Coach](#)
- [Method of Competition & Competition Rules](#)
- [Team Trials Pathways and Procedures](#)
- [Dobok & Equipment Standards](#) Arizona State Championship will use Gen 2 Equipment for Sparring.
- [Sparring Weight Categories](#)
- [USATKD Kyorugi Head Contact Rules](#)
- [Poomsae Divisions](#)
- [Compulsory Poomsae](#)
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STATE CHAMPIONSHIP

SCHEDULE OF EVENTS

Date	Event	Time	Division
March 11	Registration Deadline	12:00 PM MT	All Divisions
March 14	Designated Poomsae	11:59 PM MT	All applicable Divisions
<u>Tickets Sales at the door</u>			
Friday March 20	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All athletes must be weighed in by 9 PM	5:30 PM – 9 PM	<u>Sparring Weigh in Times</u> 5:30:00 PM –9:00 PM All Black Belts – Male/Female at 2217 W Glendale Ave, Phoenix, AZ 85021 Color belts are allowed to weigh in remotely or on the day of tournament
Saturday, March 21	Doors Open	8:30 AM	<ul style="list-style-type: none">Referee meeting promptly at 8:15am at Washington High SchoolCoaches meeting promptly at 8:30am at Washington High School
<u>ATHLETES MUST BE IN HOLDING IN THEIR GEAR</u>			



STATE CHAMPIONSHIP

	Competition Begins	9:00 AM	<p>Opening Ceremony</p> <ul style="list-style-type: none">• 6-9 years old Poomsae Divisions Report at 8:30 am• 10-11 & 12-13 years old Poomsae Divisions Report at 9:30 am• 14 & Over Poomsae Divisions Report at 10:30 am• All World Class Black Belt Divisions Sparring & Poomsae Report at 8:30 am <p>Lunch Break (competition may or may not continue) 12:00 pm – 12:30 pm</p> <ul style="list-style-type: none">• 6 to 9 years old, all divisions for sparring. Report at 12:00 pm• 10-11 years old, all division sparring Report at 12:45 pm• 12-13 years old color belts sparring Report at 1:30 pm• 14 & Over color belts sparring Report at 2:30 pm
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STATE CHAMPIONSHIP

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.**

2026 Arizona State Championship Deadline:

Registration deadline: 3/11/2026, 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 support@usatkd.zendesk.com for assistance.

[How-To-Register as an Athlete](#)

Once on the USATKD Sport80 page:

1. Click on “Events”, located on the left-hand side of the Home Page.
2. Search for State Championship.
3. Click on the “Enter Now” button for the State Championship 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 photocopy 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:

US Citizenship is NOT required to compete in the World Class Black Belt division at a State Championship.

Athlete Event Credentials:

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”.



STATE CHAMPIONSHIP

ATHLETE REGISTRATION FEES

Event Entry Fee	Price Per Division
\$130	\$25

COACHING REQUIREMENTS AND REGISTRATION

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.

2026 Arizona State Championship Deadline: 3/11/2026, 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.
 - To complete the course, [CLICK HERE](#)
- 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: [How to Register as a Coach](#)

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, Final Championships, U.S. American Open, State Championships, and all USATKD Sanctioned Events. 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 a 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

\$60

QUALIFICATION

Athletes must have a USATKD membership to participate in a State Championship tournament.

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.

Belt Qualification Rules: All athletes will be eligible to compete at the State Championship at the current belt in which they hold.

Weight Class Qualification Rules:

All athletes may compete in any belt color or weight category. Athletes may change weight classes prior to the registration deadline of March 11, 2026, at 12:00 PM MST. Any changes after the registration deadline must be made onsite and will be charged a \$50 weight-change fee.

Weigh in times will be **scheduled beforehand (see the Schedule on Pages 4, 5 & 6)**. 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

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.



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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.

Weight, Belt and Division Changes:

All Weight 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 support@usatkd.zendesk.com. After the final registration deadline, all weight changes must be made onsite at the Registration Desk. Any weight changes at the tournament will incur a fee.

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](#)

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](#)
- [USATKD Kyorugi Head Contact Rules](#)

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

BOARD BREAKING & DEMO TEAM

Board Breaking:

Participants may only use purchased boards from the venue. Boards will be sold onsite at the event.

Athletes 9 years old and younger will use ¼ inch boards, athletes ages 10-14 years old will use ½ inch boards, and athletes 15 years old and older will use 1-inch boards.

- [Board Breaking Rules and Divisions](#)



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Board Breaking Holders: Athletes are responsible for providing their own board holders. Any board holder who is 18 + must complete the SafeSport Core Training Course through Sport80 prior to receiving their board holder credential. Athletes and/or their board holders can obtain a board holding credential at the Registration Desk on the day of competition for that division. This credential will only be valid for the day of the competition and must be returned to the Registration Desk after the division has been completed.

Demo Team:

Demo Team is open to all athletes who meet the age and belt requirements.

- [Demo Team Rules & Division](#)

GENERAL INFORMATION

Event Spectator Tickets: \$20.00 (cash only), under 5 years old are FREE

Medical

Med Staff will be available 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.

Creative Events (Board Breaking and Demonstration Team): Medals will be given out to the top 4 athletes for board breaking and the top 4 Demonstration Teams, in their respective divisions in Board Breaking and Demonstration Team.

INDIVIDUAL AWARDS

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

REFEREE INFORMATION



STATE CHAMPIONSHIP

Attention all USAT Certified Referees and prospective Referees:

The Arizona State Taekwondo Association is promoting the growth of all aspects of Sport Taekwondo competition and invites you to participate in the upcoming 2025 Arizona State Taekwondo Championships.

Certified Referees who attend the State Championship will receive the following benefits:

I/R Level: \$150 Stipend, 2-nights hotel stay and up to \$250 reimbursement for travel
USAT Level A, B: \$100 stipend 2-nights hotel stay and up to \$100 reimbursement for travel
USAT C or D Level: \$75 Stipend, - nights hotel stay and up to \$100 reimbursement for travel

Hotel stay and travel reimbursement is provided for out of state referees only

All Referees will be provided food and drinks the day of the competition.

Proof of expenses will be verified for travel reimbursements

We will be following all current USAT Rules and Guidelines, using Daedo True Score Scoring Systems and having five rings (3 rings - 8X8 Black Belt, 2 rings – 7X7 Color Belt) and approved Poomsae software. The ring staffing format will include and subject to change as needed:

- 1 - Technical Assistant
- 4 - Certified Referees/ Judges
- 1 - Computer Operator
- 3 - 4 Ring Runners

We truly look forward to your participation. We realize that the best way to improve the value of our events is to run them in a timely fashion with highly capable and experienced referees. We will do our absolute best to minimize downtime, keep the competitors flowing to the rings, and ensure that the day starts and ends on time.

If you are available to be an official for our event, please register online through Sport 80 by February 21, 2026. Our sincerest thanks for your participation in advance!

The Arizona State Taekwondo Association