

A person in a karate uniform

Description automatically generatedHello Taekwondo Athletes and Fans!

Welcome to the 5th Lions Cup! We want to express our gratitude to everyone who made the 4th edition a success, and we're thrilled to continue the tradition of excellence with you.

Our goal remains the same: to provide a top-notch tournament experience that showcases your skills and brings out the best in each of you.

This year's event promises to be bigger and better than ever. Drawing from past experiences, we've refined our approach to ensure a seamlessly improved and enhanced experience for all. Held in Pasadena, our venue offers convenience and a spacious setting that sets the stage for an unforgettable experience, ensuring a smooth and enjoyable time for everyone involved.

Get ready for some intense matches! Athletes from all over will compete under the latest WT rules, showcasing their talents and striving for victory.

To elevate the competitive spirit, we've expanded the Lions Cup into two exciting events – the 5th Lions Cup exclusively for Black Belts and the Lions Challenge 2024 open to all Colored Belts. Recognizing that many color belts may not have the opportunity to participate in US TKD events, we've introduced this separate, unsanctioned event specifically for them. This provides more opportunities for color belt athletes to showcase their skills and passion for Taekwondo on the mat!  
  
We can't wait to see you all in action at the 5th Lions Cup. Let's make it an unforgettable event together!

# **Sanctioned / Tournament Ranking**

USATKD Ranking: 10.0

# **Dates**

November 17, 2024

# **Registration** auth.sport80.com

# **Venue Location**

### PASADENA CONVENTION CENTER

300 E Green St., Pasadena, CA 91101

# **Hotel Information**

### HOTEL DENA

303 Cordova St., Pasadena, CA 91101

Group rate locked link for hotel: $219 per night (limited supply)  
<https://www.marriott.com/event-reservations/reservation-link.mi?id=1710188643323&key=GRP&app=resvlink>

# **Updates/Changes**

Any and all updates will be posted on the Official USA TKD event page: auth.sport80.com

# **Admission**

**NO CASH WILL BE ACCEPTED.**

**ALL PURCHASES MUST BE THROUGH EVENTBRITE FOR ADMISSION.**

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| **Admission Purchase Date:** | **1 Day Pass:** | **2 Day Pass:** |
| Early Bird Special:  Aug 12, 2024 – Nov 3, 2024 | $30 | $50 |
| Regular:  Nov 4, 2024 – Nov 16, 2024 | $40 | $60 |
| All Tickets are available to Purchase at Eventbrite:  [Click the link](https://www.eventbrite.com/e/lions-challenge-5th-lions-cup-international-admission-tickets-only-tickets-977179709817?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl) | A qr code on a white background  Description automatically generated | |

Children (Ages 5 and under): Admission is free.

# **Competition Rules**

# The current WT and PATU competitions rules will be used in this event. <http://www.worldtaekwondo.org/rules-wt/rules.html>

# **Equipment Requirements**

All Sparing Competitors must have all the following gear:

## **Chest Guards (hogu):**

Electronic Daedo Chest guards will be used for all sparring divisions. This will be provided.

# **Head Protector:**

Divisions that do not have head contact will need to provide their own white head protector. Red and Blue helmets may also be worn but must match hogu color.

Divisions with head contact will use Electronic Daedo Helmets. This will be provided.

## **Mouth guard:**

Mouthguards must be clear or white. Other mouthguards will not be allowed. If the competitor has braces, both top and bottom braces must be completely covered.

## **Forearm guards:**

All competitors are required to wear their own forearm guards.

## **Shin guards:**

All competitors are required to wear their own shin guards.

## **Male and female Groin cup protectors:**

All competitors, male and female, are required to wear a groin cup under their uniform. If it is worn on top, you will be required to put it on properly.

## **Daedo Socks:**

All sparring competitors are required to wear their own Daedo socks. (You may use Gen 1 or Gen 2 Electronic socks)



# **Official Uniforms:**

OFFICIAL SPARRING UNIFORM (DOBOK)

All contestants must wear a white Taekwondo V-neck uniform (dobok) in good condition. 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.

OFFICIAL POOMSAE UNIFORM (DOBOK)

All contestants must wear a white Taekwondo V-neck uniform or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants’ division. Color belts may not wear black-collared uniforms.

# Registration:

## Competitor Registration

All participants must register at <https://usataekwondo.sport80.com/>. All payments are non-refundable.

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| **Registration Date:** | **One Event: Registration fee, admin fee and 1 division** | **Each Additional Event:** |
| Early Registration: Aug 15, 24 – Oct 8, 2024 | $165 | $50 |
| Final Registration:  Oct 9, 24 – Nov 4, 2024 | $195 | $60 |

## Coach Registration

All coach registrations must register at <https://usataekwondo.sport80.com/>

All coaches must follow rules and regulations and keep in Martial Arts conducts and abide by

USATKD/PATU/WT rules and regulations. Must comply with all USATKD Coach Rules. OUR PRIORITY IS THE SAFETY OF ALL OUR ATHLETES.

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| **Registration Date:** | **Registration:** |
| Early Registration: Aug 15, 24 – Oct 8, 2024 | $80 |
| Final Registration:  Oct 9, 24 – Nov 4, 2024 | $100 |

## Check-In/Credential Pick-Up

All competitors must check in the day prior to their competition date and pick up their credentials. A valid photo ID is required to pick up credentials and check-in. (valid ID includes Passport Book or Card, School ID or Report Card, Valid Driver’s License or Government Issued ID, or Military ID). The head of the team should pick up the packet for all the competitors. Failure to check in will result in disqualification.

## Weigh-Ins

All sparring competitors must weigh in at the weight class they registered for the day prior to their competition day (you must weigh in on Saturday; see full schedule).

To change weight classes, you must change your weight class on the Sport80 portal before the registration period ends. After registration is closed, you must change your weight class there is a

$70 division change fee day of event.

Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.

A maximum of two (2) Official Weigh-Ins are allowed per athlete. All Official Weigh In, must occur during the Check-in/Weigh-In Period. If an athlete is unable to make their weight division, they must change their division prior to their 2nd official weigh-in. If you do NOT make weight, you will not be allowed to compete.

## Sparring Divisions

World-Class weights classes will be used. Cadets (ages 12-14) will have the option to compete in either World Class or Grass Roots Divisions.

World Class Cadet Divisions will have full head contact.

## Seeding

All bracketing will be made by rank provided by USATKD. If there is no ranking data, there will be a random draw. All brackets are final and will NOT be changed. After weigh-ins close, brackets will be processed and posted online.

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| **5 Lion's Cup** | | | | |
| **Date** | **Event** | **Time** | **Division** | |
| October 8th, 2024 | Early Registration Deadline | 11:59  PM MT | All Divisions | |
| November 4th, 2024 | Final Registration Deadline | 11:59  PM MT | All Divisions | |
| November 10th, 2024 | Designated Poomsae |  | Designated Poomsae Posted Online | |
| November 16th, 2024 | Check-in/ Virtual Weigh-In | 5:00 PM - 8:00 PM | Sparring  Dragon (6-7) - M/F - Black Belts  Tiger (8-9) - M/F - Black Belts  Youth (10-11) - M/F - Black Belts Cadet (12-14) - M/F - Black Belts  Junior (15-17) - M/F – Black Belts  Senior (18-32) - M/F - Black Belts  Ultra (33-45) - M/F - Black Belts | Poomsae  Individual - Black belts (Dragon 6-7)  Individual - Black belts (Tiger 8-9)  Individual - Black belts (Youth 10-11) Individual - Black belts (Cadet 12-14)  Individual - Black belts (Junior 15-17)  Individual - Black belts (Under 30) Individual - Black belts (Under 40) Individual - Black belts (Under 50) Individual - Black belts (Under 60) Individual - Black belts (Under 65) Individual - Black belts (over 65)  - Recognized - Pairs Ultra (46+)  - Recognized - Team Female  - Recognized - Team Male  - Freestyle - Individual Female  - Freestyle - Individual Mixed  - Freestyle - Pairs Mixed  - Freestyle - Teams |

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| November 17th, 2024 | Competition | 9AM –  TBD | Sparring  Dragon (6-7) - M/F - Black Belts  Tiger (8-9) - M/F - Black Belts  Youth (10-11) - M/F - Black Belts Cadet (12-14) - M/F - Black Belts  Junior (15-17) - M/F – Black Belts  Senior (18-32) - M/F - Black Belts  Ultra (33-45) - M/F - Black Belts | Poomsae  Individual - Black belts (Dragon 6-7)  Individual - Black belts (Tiger 8-9)  Individual - Black belts (Youth 10-11) Individual - Black belts (Cadet 12-14)  Individual - Black belts (Junior 15-17)  Individual - Black belts (Under 30) Individual - Black belts (Under 40) Individual - Black belts (Under 50) Individual - Black belts (Under 60) Individual - Black belts (Under 65) Individual - Black belts (over 65)  - Recognized - Pairs Ultra (46+)  - Recognized - Team Female  - Recognized - Team Male  - Freestyle - Individual Female  - Freestyle - Individual Mixed  - Freestyle - Pairs Mixed  - Freestyle - Teams |