



2026 SEASON FINAL

USA TAEKWONDO

Information Packet

SEPT 11-13
LITTLE ROCK, ARKANSAS



Table of Contents

Website Links	2
USA Taekwondo Contacts	3
Season Final Key Points	4
Hotel Reservations:	4
Tournament Schedule	4
Athlete Registration	7
World Class Black Belt Athletes	8
Athlete Event Credentials	8
Athlete Check-In	8
Coach Registration	8
Coach Credential	9
2026 U.S. Taekwondo Final Championships Qualification	9
Weigh In Rules	10
Weight, Belt and Division Changes	11
Competition Rules	11
General Information	12
Medical	12
Awards	12
Media Release	13
Spectator Code of Conduct	13

Website Links

- [How-To-Register as an Athlete](#)
- [How-To-Register as a Coach](#)
- [Method of Competition & Competition Rules](#)
- [Dobok & Equipment Standards for Events](#)
- [Sparring Weight Categories](#)
- [USATKD Kyorugi Head Contact Rules](#)
- [Poomsae Divisions](#)
- [Compulsory Poomsae](#)
- [Designated Poomsae](#)
- [2026 National Team Pathways and Procedures](#)

USA Taekwondo Contacts

Christine Strong Simmons

Managing Director of Operations

christine.simmons@usopc.org

Katie Cleveland

Associate Director of Events

kathleen.cleveland@usopc.org

Natalie Teyema

Events Manager

natalie.teyema@usopc.org

Jakob Allison

Event Assistant Manager

Jakob.allison@usopc.org

Mailing Address:

USATKD

1 Olympic Plaza

Colorado Springs, CO 80909

Promoter and sanctioned by:

USA Taekwondo

Ranking:

40.0



The 2026 US Taekwondo Season Final event is a USATKD domestic major event. This event will be held in Little Rock, Arkansas on September 11-13, 2026.

Season Final Key Points

- The 2026 US Taekwondo Final Championships event is a 40.0 Ranked Event.
- The 2026 US Taekwondo Final Championships event is classed as a USATKD Major Event on the National Rankings.
- World Class Athletes must be ranked in the top 20 of their division to receive an invitation to the Season Final.
- The Season Final is an open event for all Aspiring athletes and counts towards winning Dominant Athlete Status for 2026.

Hotel Reservations:

<https://presto.eventpipe.com/event/cea9e47e-42b0-4fd5-a39a-4bb42b95b252>

Tournament Schedule

Date	Event	Time	Division
Aug 21	Registration Deadline	12:00 PM MT	All Divisions
Thursday Sept 10	Virtual Credentials sent via email, no in person check – in required	2 PM – 4 PM	<u>Sparring Weigh in Times</u> 2:00 PM – 4:00 PM Senior Sparring Black Belts – Male/Female Senior Sparring Color Belts – Male/Female Ultra All Belts – Male/Female
	*All Friday athletes must be weighed in by 4 PM		
Friday Sept 11	Doors Open	8:00 AM	All Athletes, Coaches, and Spectators
	<u>ATHLETES MUST BE IN PRE-STAGING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 8:15 AM)</u>		

	Competition Begins	8:30 AM	Division Order TBA After Registration Closes <u>Sparring Divisions</u> Senior World Class – Male/Female Senior Color Belts – Male/Female Ultra All Belts – Male/Female <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 <u>Pairs & Team Poomsae</u> Pairs Black Belt – Under 60, Over 60 Team Black Belt – Under 60, Over 60 – Male/Female
Date	Event	Time	Division
Friday Sept 11	Virtual Credentials sent via email, no in person check – in required	10 AM – 2PM	<u>Sparring Weigh in Times</u> 10:00 AM – 12:00 PM Tiger All Belts – Male/Female Cadet Color Belts – Male/Female 12:00 PM – 2:00 PM Cadet World Class Black Belt – Male/Female
	*All Saturday athletes must be weighed in by 2 PM		
Saturday Sept 12	Doors Open	8:00 AM	All Athletes, Coaches, and Spectators
	<u>ATHLETES MUST BE IN PRE-STAGING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 8:15 AM)</u>		

2026 U.S. FINAL CHAMPIONSHIPS INFORMATION PACKET

	Competition Begins	8:30 AM	Division Order TBA After Registration Closes Sparring Cadet World Class Black Belt – Male/Female Cadet Color Belts – Male/Female Tiger All Belts – Male/Female Poomsae Junior All Belts – Male/Female Cadet All Belts – Male/Female Youth All Belts – Male/Female Dragon All Belts – Male/Female Pairs & Team Poomsae Pairs Black Belt Under 30 & Under 50 Teams Black Belt – Youth, Under 30, & Under 50 – Male/Female Freestyle Poomsae Freestyle Pairs Black Belt – 8-11, Under 17, & Over 18 Freestyle Teams Black Belt – 8-11, Under 17, & Over 18
	Virtual Credentials sent via email, no in person check – in required	10 AM – 2 PM	Sparring Weigh in Times 10:00 AM – 12:00 PM Youth All Belts – Male/Female Dragon All Belts – Male/Female Para – All Divisions – All Belts – Male/Female 12:00 PM – 2:00 PM Junior World Class Black Belt – Male/Female Junior Color Belts – Male/Female
	*All Sunday athletes must be weighed in by 2 PM		
Date	Event	Time	Division
Sunday Sept 13	Doors Open	8:00 AM	All Athletes, Coaches, and Spectators
	ATHLETES MUST BE IN PRE-STAGING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 8:15 AM)		
	Competition Begins	8:30 AM	Division Order TBA After Registration Closes Sparring 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 Poomsae Tiger All Belts – Male/Female Para – All Divisions – All Belts – Male/Female Pairs & Teams Poomsae Pairs Black Belt – Youth, Cadet, & Junior Teams Black Belt – Cadet & Junior – Male/Female Freestyle Poomsae Freestyle Individual Black Belt – 8-11, Under 17, & Over 18 – 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.**

2026 U.S. Taekwondo Season Final Registration Deadline:

Registration deadline: August 14, 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 incomplete registration. If you are having trouble registering, please email jakob.allison@usopc.org for assistance. **World Class Black Belt athletes must also be US Citizens to compete in the World Class divisions at the 2026 U.S. Season Final.**

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. Season Final
3. Click on the “Enter Now” button for the U.S. Season Final registration.
4. Click the +Enter button next to the athlete’s name.
5. Follow the registration instructions on 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.

ATHLETE REGISTRATION FEES		
Event Entry Fee	Credit Card Processing Fee	Price Per Division
\$190	\$5	\$30

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.

Weight Changes

There will be no weight changes on site for World Class Black Belt Sparring Divisions. Weight changes will be allowed for any aspiring athlete divisions.

Athlete Event Credentials

Athletes will receive an event credential via email prior to the start of the tournament from Katie Cleveland, kathleen.cleveland@usopc.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 Natalie.teyema@usopc.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".

Coach 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 U.S. Taekwondo Season Final Registration Deadline: August 14th, 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
- 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 at any USA Taekwondo National level event. 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 (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

Coach 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
\$90	\$5

2026 U.S. Taekwondo Final Championships Qualification

Athletes will qualify based on points as of the end of July 2026. The top 20 ranked athletes in each World-Class Division will receive an invitation to the 2026 Season Final.

Belt Qualification Rule: All athletes will be eligible to compete at the 2026 U.S. Taekwondo Season Final at the current belt in which they hold. Aspiring athletes can change their belt color or division through the final registration deadline, except for athletes who by changing their belt would require them to compete in the World Class division. To compete as a World Class athlete, the athlete must be in the top 20 ranked of the division. Any athletes found to be registered for a division they are not qualified for will be removed, and no refund will be issued. After the final registration deadline, athletes must compete in the division or belt

color they have registered for.

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 for the 2026 U.S. Taekwondo Season Final. 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 “-58kg” weight class they must compete in that weight class or the “-63kg” weight class. The athlete may not move down to the “-54kg” weight class.

World Class Black Belt Weight Changes are allowed prior to the registration deadline (August 14th, 2026, at 12:00 PM MST) for the 2026 U.S. Taekwondo Season Final. 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.

Aspiring Athletes: This tournament is open to all aspiring athletes, no qualification is required.

Color Belts: All athletes in Dragon, Tiger, Youth, Cadet Color Belt, Junior Color Belt, Senior Color Belt and Ultra Divisions will be allowed to move weight classes.

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.

Weight, Belt and Division Changes

Non-World Class Weight Changes Must Be Made Before Stepping on The Official Scale.

NO EXCEPTIONS. Non-World Class 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 Member Services Desk. Any weight changes at the tournament will incur a \$50.00 fee.

*WORLD CLASS SENIOR, JUNIOR, AND CADET ATHLETES' MAY NOT CHANGE THEIR WEIGHT AFTER THE FINAL REGISTRATION DEADLINE OF AUGUST 14TH AT 12:00 PM MST.

Belt and Division Changes:

Aspiring athletes can change their belt color or division through the final registration deadline, except for athletes who by changing their belt would require them to compete in the World Class division. To compete as a World Class athlete, the athlete must be in the top 20 ranked of the division. Any athletes found to be registered for a division they are not qualified for will be removed, and no refund will be issued. After the final registration deadline, athletes must compete in the division or belt color they have registered for.

Athletes will not be able to change their belt color onsite at the 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 2026 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](#)
- [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](https://usatk.org) website.

Designated Poomsae for the event will be posted on the [USATKD.org](https://usatk.org) website. *World Class Divisions poomsae is randomized at the mat.

General Information

All spectator tickets are purchased online, though EASY EVENT Onsite at the event, admission wristbands will be handed out in exchange for your online ticket confirmation. Wristbands must be worn at all times and are good for the day that they were purchased for. Onsite ticket sales will be sold online only

TICKET PRICES	
Event Ticket	Online Ticket Price with Fees Included
All Weekend Adult Pass	\$66.45
All Weekend Child Pass	\$49.91
All Weekend Senior (65+)	\$57.15
Single Day (Adult 18+)	\$28.21
Single Day (Child 6-17)	\$22.01
Single Day Senior 65+	\$24.07
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.

USA Taekwondo may edit my appearance as it sees fit. USA Taekwondo shall have all right, title and interest in any and all results and proceeds from usage of the Footage. USA Taekwondo is not obliged to make any use of my performance or exercise any of the rights granted by this Release.

Spectator Code of Conduct

At all USA Taekwondo sanctioned events, every spectator plays a vital role in creating a safe, respectful and empowering environment for athletes. By attending, you agree to uphold the values of Taekwondo: Courtesy, Integrity, Self-Control, Perseverance, and Indomitable Spirit.

USA Taekwondo is committed to three core principles: Respect, Safety, and Fair Play. These are the foundations of every USATKD sanctioned competition and the standard we expect from all participants and spectators.

RESPECT: USA Taekwondo encourages a passionate, highly competitive environment where spectators cheer loudly, and athletes push their limits. But that passion must always be expressed respectfully. While most of our community consistently upholds this standard, we must all remain mindful that respect is non-negotiable. We are not looking to restrict the audience's right to express displeasure but will insist that it does not cross the line into becoming abusive towards any individual. When we cheer with respect, we elevate both the athletes and the sport.

SAFETY: Our commitment to athlete well-being extends far beyond the mat. Safety is our top priority.

USA Taekwondo has a Zero Tolerance Policy for abuse of any kind. Any action that threatens the emotional or physical safety of participants has no place in our sport. USA Taekwondo adheres to the U.S. Center for SafeSport Code, which prohibits:

- Emotional Misconduct
- Physical Misconduct
- Bullying
- Hazing
- Harassment

2026 U.S. FINAL CHAMPIONSHIPS INFORMATION PACKET

The U.S. Center for SafeSport and USA Taekwondo provide education, training and resources for athletes, coaches and parents.

We encourage all members to take an active role in maintaining safe environments, both in person and online, so that every competitor, especially our youngest athletes, can focus on developing their skills in a supportive atmosphere. Together, we can ensure Taekwondo remains a place where every athlete feels protected, supported and inspired to grow.

FAIR PLAY: Taekwondo is more than competition – it is a discipline rooted in fairness, respect and integrity. Referees and event staff dedicate themselves to applying rules fairly and consistently, ensuring every athlete competes on equal ground.

It is every participant's responsibility to be familiar with and follow the rules so that competition proceeds smoothly and respectfully for all involved.

To support this, USA Taekwondo offers the following resources: USA Taekwondo Sparring Rules USA Taekwondo Poomsae Rules U.S. Center for SafeSport Website U.S. Center for SafeSport Code Report a Concern to the U.S. Center for SafeSport USA Taekwondo Social Media Comment Policy

CODE OF CONDUCT RULES

SUPPORT THE SPIRIT OF TAEKWONDO

- Applaud effort & performance for all competitors.
- Respect all athletes, coaches, referees, staff & fans.
- Enjoy the event positively & respectfully.

RESPECT ALL COACHES, REFEREES & STAFF

- Respect that referees & officials work hard to apply complex rules fairly - occasional mistakes may happen, but respect must remain.
- Abusive, aggressive, threatening or disruptive behavior is prohibited.
- Disputes and concerns must be raised through official channels.

CHEER, DON'T JEER

- Encourage athletes - never taunt, boo, heckle or shout at competitors.
- Harassment, discrimination, and intimidation are prohibited.
- Aggressive and threatening behavior is prohibited.

HELP KEEP THE EVENT SAFE

- Do not enter restricted event areas.
- Report misconduct & inappropriate behavior to event staff.
- Fighting, violence, and unsafe conduct is prohibited.

CONSEQUENCES OF MISCONDUCT

Violations of this Spectator Code of Conduct may result in the following consequences:

- Verbal/written warnings
- Suspension or expulsion from USATKD events
- Report to U.S. Center for SafeSport
- Removal from the event (no refund)
- Referral to law enforcement
- Subject to further review under USA Taekwondo disciplinary policies

By following this Spectator Code of Conduct, every spectator helps create the respectful, safe and fair environment that allows our athletes to shine. Together, we can celebrate the true spirit of Taekwondo and ensure our events remain inspiring for everyone who attends.