



**2024**  
**U.S. NATIONAL TAEKWONDO**  
**TEAM TRIALS**

JANUARY 05-07, 2024  
CHARLOTTE, NORTH CAROLINA



## Welcome to the 2024 U.S. National Taekwondo Team Trials

The 2024 U.S. Taekwondo Team Trials event will take place January 05-07, 2024, in Charlotte, North Carolina.

This event is for Black Belt World-Class Qualified athletes. This Event will host multiple Team Trials, including the Senior Pan American Kyorugi Championships Team Trials, the Senior Pan American Poomsae Championships Team Trials, the Pan American Continental Olympic Trials, Junior Kyorugi World Championships, and Poomsae World Championships.

Athletes who compete and win 1st place at this event will earn a position on the 2024 U.S. National Taekwondo Team (Kyorugi/Poomsae).

### SPARRING:

**Seniors:** Those athletes who compete and win 1<sup>st</sup> place at the 2024 U.S. National Taekwondo Team trial will earn a position on the 2024 U.S. National Taekwondo Team. The USATKD National Team Member (Seniors) will compete at the **2024 Pan American Senior Championships**.

**Juniors:** Those athletes who compete and win 1<sup>st</sup> place at the 2024 U.S. National Taekwondo Team trial will earn a position on the 2024 U.S. National Taekwondo Team. The USATKD National Team Member (Juniors) will compete at the **2024 World Taekwondo Junior Championships**.

**Cadets:** Those athletes who compete and win 1<sup>st</sup> place at the 2024 U.S. National Taekwondo Team trial will earn a position on the 2024 U.S. National Taekwondo Team.

**Youth:** Those athletes who compete and win 1<sup>st</sup> place at the 2024 U.S. National Taekwondo Team trial will earn a position on the 2024 U.S. National Taekwondo Team.

**Ultra:** Those athletes who compete and win 1<sup>st</sup> place at the 2024 U.S. National Taekwondo Team trial will earn a position on the 2024 U.S. National Taekwondo Team.

**Para:** The Para competition will follow the Paralympic Games Selection Procedures.

### U.S. OLYMPIC TEAM TRIAL:

Qualified Senior athletes will have the opportunity to compete in the Pan American Olympic Continental Qualifier Team Trial. This team trial will take place on January 5, 2024 (at the 2024 U.S. National Taekwondo Team Trial). Those athletes qualified to compete at this trial will automatically be registered for this event and will receive an email with event details.

### POOMSAE:

The 2024 USATKD National Poomsae Team will represent the USA at National Team Events.

## Host City/Accommodations

### 2024 U.S. National Taekwondo Team Trials

Charlotte Convention Center – Hall C  
501 S. College Street  
Charlotte, North Carolina 28202



Hotel reservations will be through [Group Housing](#).

[2024 U.S. National Taekwondo Team Trials](#)



## USATKD POINTS OF CONTACT

**Christy Simmons, Managing Director of Events & Member Programs**  
[cssimmons@usatkd.org](mailto:cssimmons@usatkd.org)

**Katie Cleveland, Events Manager**  
[kcleveland@usatkd.org](mailto:kcleveland@usatkd.org)

**Michael Newman, Events Coordinator**  
[kcleveland@usatkd.org](mailto:kcleveland@usatkd.org)

For questions about the 2023 Pathways please contact:

**Eric Winger (Kyorugi), Associate Dir. of National Teams**  
[ewinger@usatkd.org](mailto:ewinger@usatkd.org)

**Barbara Brand (Poomsae) Poomsae High Performance Manager**  
[bbrand@usatkd.org](mailto:bbrand@usatkd.org)

**Mailing Address:**  
USATKD  
1 Olympic Plaza  
Colorado Springs, CO 80909



# Schedule

Date	Event	Time	Division
Dec 14	Registration Deadline	11:59 PM MT	All Divisions
Jan 1	Designated Poomsae	11:59 PM MT	Designated Poomsae Posted Online
Jan 4	All athletes will be checked in automatically and will receive a virtual credential via email. (No in person check-in required)	1 PM - 4 PM	<p><b>Sparring Weigh-In Time</b>  <b>1:00 PM - 4:00 PM</b>                      Senior Black Belts - M/F (Olympic Team Trials)                      Para K44 Black Belts - M/F                      Junior Black Belts - M/F</p>
	Coach Credential Pick Up & Athlete Weigh-in *All Friday athletes must be weighed in by 4 PM.		
Jan 5	Doors Open	7:30 AM	Divisions TBA
	<b><u>Athletes MUST be in Holding at their posted Report Times on the USATKD website (Starting at 8AM)</u></b>		
	Competition Begins	8:30 AM	<p>Division order TBA after registration closes</p> <p><b><u>Sparring</u></b>                      Junior Black Belts - M/F                      Para Black Belts - M/F                      Senior Black Belts - M/F (Olympic Team Trials)</p> <p><b><u>Recognized Poomsae</u></b>                      Over 70 Black Belts - M/F                      Under 50 Black Belts - M/F                      Over 65 Black Belts - M/F                      Youth Black Belts - M/F                      Under 65 Black Belts - M/F                      Under 60 Black Belts - M/F                      Youth Pairs Black Belt                      Over 50 Pairs Black Belts                      Over 50 Team Black Belt - M/F</p> <p><b><u>Freestyle Poomsae</u></b>                      8-11 Black Belt Individual - M/F                      12- 17 Black Belts Individual - M/F                      12-17 Black Belt Pairs                      Over 17 Black Belt Teams</p>

# 2024 U.S. National Taekwondo Team Trials INFORMATION PACKET



**Please Note:** The detailed schedule of report times will be posted after the final registration deadline. Sparring Brackets & Poomsae will be completed after Weigh-in & Check-In close for that day. Once completed they will be published on the USA Taekwondo website.

## Schedule

Date	Event	Time	Division
Jan 5	All athletes will be checked in automatically and will receive a virtual credential via email. (No in person check-in required)	9 AM - 12 PM	<b>Sparring Weigh-In Times</b> <b>9:00 AM - 12:00 PM</b> Cadet Black Belts - M/F Youth Black Belts - M/F Ultra (33-45) Black Belts - M/F Ultra (46 and older) Black Belts - M/F
	Coach Credential Pick Up And Athlete Weigh-in *All Saturday athletes must be weighed in by 12 PM		
Jan 6	Doors Open	7:30 AM	Divisions TBA
	<b><u>Athletes MUST be in Holding at their posted Report Times on the USATKD website (Starting at 8AM)</u></b>		
	Competition Begins	8:30 AM	<b>Division order TBA after registration closes</b> <b>Sparring</b> Cadet Black Belts - M/F                      Ultra (33-45) Black Belts - M/F Youth Black Belts - M/F                      Ultra (46 and older) Black Belts - M/F  <b>Recognized Poomsae</b> Under 30 Black Belts Individual - M/F      Junior Black Belts Individual - M/F Tiger Black Belts - M/F                      Dragon Black Belts - M/F Cadet Black Belts Pairs                      Under 30 Black Belts Pairs Junior Black Belts Teams                      Over 30 Black Belts Teams - M/F Youth Black Belts Teams - M/F  <b>Freestyle Poomsae</b> Over 17 Black Belts Individual - M/F 8-11 Black Belts Pairs 12-17 Black Belts Teams - M/F
	All athletes will be checked in automatically and will receive a virtual credential via email. (No in person check-in required)	9 AM - 12 PM	<b>Sparring Weigh-In Times</b> <b>9:00 AM - 12:00 PM</b> Senior Black Belts - M/F (Pan-Am Team Trials)
Coach Credential Pick Up And Athlete Weigh-in *All Sunday athletes must be weighed in by 12 PM			

# 2024 U.S. National Taekwondo Team Trials INFORMATION PACKET



**Please Note:** The detailed schedule of report times will be posted after the final registration deadline. Sparring Brackets & Poomsae will be completed after Weigh-in & Check-In close for that day. Once completed they will be published on the USA Taekwondo website.

## Schedule

Date	Event	Time	Division
Jan 7	Doors Open	7:30 AM	Divisions TBA
	<b>Athletes MUST be in Holding at their posted Report Times on the USATKD website (Starting at 8AM)</b>		
	Competition Begins	8:30 AM	<p>Division order TBA after registration closes</p> <p><b>Sparring</b> Senior Black Belts - M/F (Pan-Am Team Trials)</p> <p><b>Recognized Poomsae</b>                      Cadet Black Belts Individual - M/F      Under 40 Black Belts Individual - M/F                      Junior Black Belts Pairs                      Over 30 Black Belts Pairs - M/F                      Under 30 Black Belts Teams - M/F          Cadet Black Belts Teams - M/F</p> <p><b>Freestyle Poomsae</b>                      Over 17 Black Belts Pairs                      8-11 Black Belts Teams - M/F</p>

**Please Note:** The detailed schedule of report times will be posted after the final registration deadline. Sparring Brackets & Poomsae will be completed after Weigh-in & Check-In close for that day. Once completed they will be published on the USA Taekwondo website.



# **ATHLETE REGISTRATION**

Registration for all athletes will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. There is no onsite athlete registration.

## **2024 U.S. National Taekwondo Team Trials Registration Deadlines:**

Registration Deadline: December 14, 2023, 11:59 PM, MST

There will not be any registrations allowed after December 14<sup>th</sup>.

## **How-To-Register for an Event**

Once on the [USATKD Sport80](#) page:

1. Click on “Events”, located on the left-hand side of Home Page
2. Search for 2024 U.S. National Taekwondo Team Trials (Competitors Only)
3. Click on the “Enter Now” button for the 2023 U.S. National Taekwondo 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 of their Sport 80 profile. Missing belt information will prevent you from being able to select/register for any events.

Black Belt Athletes: In addition to having the 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.

- Log in to your USA Taekwondo Athlete profile via Sport:80
- Click “View Profile”
- In the left navigation, click “Center for SafeSport Training”
- In the top right, Select the +Access Training button and follow the prompts to select and complete the SafeSport – Core Training Course
- These will update automatically every 24 hours if you follow the link through your [Sport80](#) profile.

**World-Class Black Belt Athletes Cadet (12-14), Junior (15-17) and Senior (17+):** A copy of your U.S. Passport or U.S. Birth Certificate 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.

# 2024 U.S. National Taekwondo Team Trials INFORMATION PACKET



## Recognized and Freestyle Poomsae Pairs and Teams:

Please read the [2023 Poomsae Pathways](#) for details of the Poomsae bracketing procedures. If you are interested in competing in the Qualification Round of the 2024 U.S. 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 1<sup>st</sup>. After November 1<sup>st</sup>, once the form entry window is closed, 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 completed only if payment is made in full.

Recognized Pairs: <https://usat.wufoo.com/forms/z1r1e7ww1554djy/>

Recognized Team: <https://usat.wufoo.com/forms/m1n12gfs12u928n/>

Freestyle Pairs: <https://usat.wufoo.com/forms/m17rihio03jo6d9/>

Freestyle Team: <https://usat.wufoo.com/forms/m1opohd702thia1/>

**USATKD has a NO REFUND policy.**

## Athlete Event Credentials –

Athletes will receive an event credential via email the week of the event, prior to the start of the event, from Katie Cleveland, [kcleveland@usatk.org](mailto:kcleveland@usatk.org). This virtual credential will be the athlete's credential for the event. Please feel free to print this credential if your athlete prefers to have a hard copy.

The athletes qualified to compete in the 2024 U.S. Olympic Qualifier will automatically be registered for this event, at no cost, and will receive an email with event details.

ATHLETES		
Registration	Admin	Price Per Division
\$185	\$5	\$29

COACHES
Registration
\$80





# METHOD OF COMPETITION & COMPETITION RULES

The current competition rules for all divisions will be used. To view current version, go to:  
<https://www.usatkd.org/usatkd-competition-rules>

**Sparring** - Sparring divisions will use the [2023 Pathways Documents](#) to determine brackets and selections. All sparring divisions will use the [2023 Pathways Documents](#) and [USATKD National Rankings sponsored by Tusah](#) to determine seeding.

The international height/weight categories for Cadets **will NOT** be used at the 2024 U.S. National Taekwondo Team Trials. Any international events that the U.S.A. Cadet National Team competes at in 2023 and 2024 will abide by World Taekwondo height/weight rules. Rules to determine International Competition participation for these athletes will be released soon.

Senior Pan American Olympic Qualifier Team Trials will use the [2024 Olympic Games Selection Procedures](#) to determine brackets and selections. Athletes will not be seeded at this Event.

Paralympic Team Trials will use the [2024 Paralympic Games Selection Procedures](#) to determine brackets and selections.

**Poomsae** - Poomsae divisions will use the [2023 Pathways Documents](#) to determine selection and competition format. Designated Poomsae will be selected from the Compulsory Poomsae and will be published to the [USATKD website](#).

**Please Note:** The detailed schedule of preliminary report times will be posted after the final registration deadline.

**Sparring Brackets & Poomsae Brackets** will be completed after Weigh-in & Check-In close for that day. Once completed they will be published to the U.S.A. Taekwondo website.



# QUALIFICATION

Athletes that earn any medal (gold, silver, or bronze) at the 2023 U.S. Open, 2023 U.S. National Taekwondo Championship, 2023 U.S. Grand Prix Final, or any 2023 World Taekwondo G-Rated Events (Junior Kyorugi, Senior Kyorugi and Poomsae only).

Athletes that are the dominant athlete as of 12-31-23, a Top 20 World Taekwondo ranked athlete as of 12-31-23, or a 2023 USATKD National Team Member will receive invitations to compete.

## **2024 U.S. National Taekwondo Team Trials**

**World-Class Black Belt Junior, Cadet and Youth qualified athletes will be allowed to move UP ONE weight division from what they qualified when registering for the 2024 U.S. National Taekwondo Team Trials. Athletes cannot move down below the weight division they qualified.**

**For example, if the athlete qualified in the Fly weight division at the US Grand Prix Finals or US Taekwondo Nationals, then the athlete can only move up to the Bantam weight division at the Grand Prix Final. The athlete cannot move down to the Fin weight division.**

**World-Class Black Belt Athlete weight changes are permitted prior to the FINAL REGISTRATION deadline for the 2024 U.S. National Taekwondo Team Trials.**

**On-site Weight changes will not be permitted.**

**\*\*\*World-Class Senior Sparring athletes MUST compete at the weight class they qualified at, they are NOT allowed to move up or down a weight class.**

# DOBOK & EQUIPMENT STANDARDS

## 1. Official Uniform (Dobok)

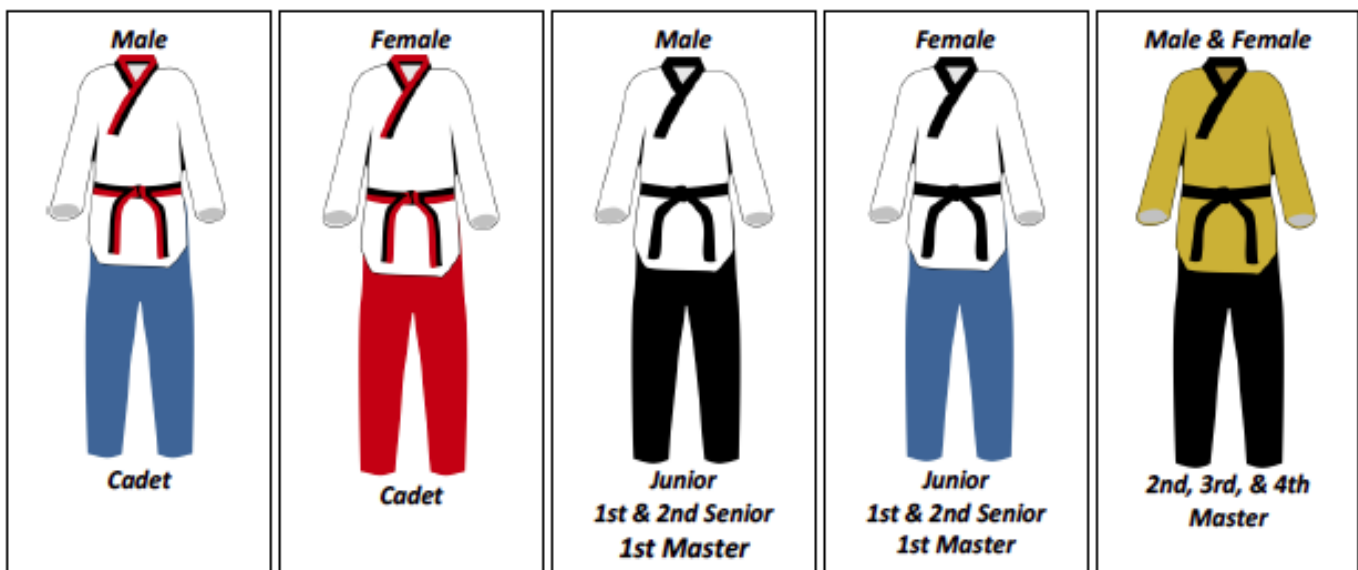
All contestants must wear a white Taekwondo V-neck USATKD/WT uniform (dobok) in good condition.

Black belts must wear black-collared uniforms.

For USATKD Events Only: Patches, embroidery, logos, team names, country names, athlete names, and stripes are permitted on the uniform; they can be up to 12" x 4" on each leg or arm for a total of four. Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed.

**No tape will be allowed on any part of the uniform.**

**Poomsae contestants** may wear either the standard V-neck USA/WT uniform (as specified above) or WT-designated Y-neck competition poomsae uniforms appropriate to the contestant's division.



WT Y-neck uniforms may have a national flag patch and country code displayed on the uniform consistent with WT guidelines. Poomsae uniform may only be worn in poomsae divisions (no sparring or breaking divisions).

## 2. Protective Equipment

Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory as of 1/1/2017 for both male and female sparring competitors), gloves (see explanation below), forearm protector, shin-instep protectors, approved sensing socks (if using an electronic Protector and Scoring System) 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 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.

### **3. Personal Requirements**

All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely. Ponytails must be tucked inside the headgear and may not hang out below the helmet so that in the opinion of the referee, it is causing risk or inconvenience to other competitors.

- **Metallic Articles**
  - 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.
- **Personal Hygiene**
  - All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly. Ponytails must be tucked inside the headgear and may not hang out below the helmet so that in the opinion of the referee, it is causing risk or inconvenience to other competitors.

Any violators of Section 1, 2, and 3 of this section will be required to correct the violation within one minute, or face disqualification.

Taping on the foot and hand shall be allowed for the protection of athletes. For an injury, the minimum amount of tape that will protect the area should be used. Taping of feet and hands will be strictly checked during the athlete inspection process; if there is a question, the inspector or referee should have the wrapping examined and approved by the Tournament Medical Staff. Under no circumstances will a hard splint or cast—no matter how small—be allowed.

There will be no taping beneath the sensor socks unless it is approved by the Commission Doctor because of injury.

### **4. USATKD Equipment Standards**

**Belt Colors:** Only WT/USATKD belt colors will be allowed—black, poom (black and red), red, blue, green, yellow. Belts with stripes will be allowed. (Red belt cannot wear a poom belt)

**Gloves:** World-Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts are required to wear USATKD/WT-approved Taekwondo gloves. Gloves may be red, blue, or white; white is preferred. However, red and blue are allowed. If the competitor chooses to wear red or blue gloves, they must correspond with the color of the chest protector. Gloves must be open finger style, as shown below. For all other divisions, gloves are optional and must comply with the above rule. Cloth gloves or hand covers are not allowed.



**Properly fitting head protector:** Unless electronic PSS head protectors are used, all participants must provide their own red or blue head protector with no markings other than corporate logos. The color of the head protector must correspond with the color of the chest protector. Cracks or defects in the headgear will not be allowed.

**Mouth guard:** All athletes are required to use a mouth guard. MOUTH GUARDS MAY BE ANY COLOR, EXCEPT FOR RED. The mouth guard has to cover the top and bottom teeth.

**Groin protection:** All male and female athletes are required to wear a protective cup, which must be inside the pants during competition. Groin protection is also required for female athletes and must be worn inside the uniform.

**Properly fitting chest protector:** An electronic Protection and Scoring System (PSS) will be used, and all athletes will be provided with a red and blue full-body WT trunk protector. Both players must use the same size PSS.

**Shin and instep protection:** Shin and instep protectors are REQUIRED, and they must be made of foam, cloth or vinyl. PSS sensor socks with built-in instep padding are also allowed. The instep protector may be red, blue, or white, but must correspond with the color of the chest protector; any color shin protector is allowed. Cloth or foam knee pads are permitted.

**Forearm guard:** Forearm guards are REQUIRED, and it is mandatory that athletes wear only foam, cloth, or vinyl products. Any color forearm guard will be allowed. Cloth or foam elbow pads are permitted.

**Please Note:** USATKD reserves the right to disallow any uniform or equipment if it is found to be unsafe, offensive or degrading.



# DIVISIONS – WEIGHT CATEGORIES

## WEIGH-INS – BRACKETING

### CHECK IN (Kyorugi & Poomsae)

All Athletes will be automatically checked in for the competition. All athletes will receive a virtual credential via email, to the email associated with your Sport80 profile. Virtual credentials may be printed if a hard copy is preferred.

**This virtual credential will serve as the athlete’s credential for the event and must be used for entry into the event, entry into the holding area and for weigh ins.**

The only reasons an athlete will come to the check in desk at the event:

- You did not receive your digital credential (Please make sure you check your spam and blocked emails)
- The information on your digital credential is incorrect.

### SPARRING

**Note:** 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.

ULTRA SPARRING DIVISIONS 33-45 & 46 and older Best 2 out of 3 ROUNDS, 1 MINUTE		
Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fly	Not exceeding 58kg	Not exceeding 49kg
Light	Over 58kg & Not exceeding 68kg	Over 49kg & Not exceeding 57kg
Middle	Over 68kg & Not exceeding 80kg	Over 57kg & Not exceeding 67kg
Heavy	Over 80kg	Over 67kg



<b>SENIOR SPARRING DIVISIONS (17-32)</b> <b>Best 2 out of 3 ROUNDS, 2 MINUTES</b>		
<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 54kg	Not exceeding 46kg
Fly	Over 54kg & Not exceeding 58kg	Over 46kg & Not exceeding 49kg
Bantam	Over 58kg & Not exceeding 63kg	Over 49kg & Not exceeding 53kg
Feather	Over 63kg & Not exceeding 68kg	Over 53kg & Not exceeding 57kg
Light	Over 68kg & Not exceeding 74kg	Over 57kg & Not exceeding 62kg
Welter	Over 74kg & Not exceeding 80kg	Over 62kg & Not exceeding 67kg
Middle	Over 80kg & Not exceeding 87kg	Over 67kg & Not exceeding 73kg
Heavy	Over 87kg	Over 73kg

<b>JUNIOR SPARRING DIVISIONS (15-17)</b> <b>Best 2 out of 3 ROUNDS, 1 MINUTE 30 SECONDS</b>		
<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 45kg	Not exceeding 42kg
Fly	Over 45kg & Not exceeding 48kg	Over 42kg & Not exceeding 44kg
Bantam	Over 48kg & Not exceeding 51kg	Over 44kg & Not exceeding 46kg
Feather	Over 51kg & Not exceeding 55kg	Over 46kg & Not exceeding 49kg
Light	Over 55kg & Not exceeding 59kg	Over 49kg & Not exceeding 52kg
Welter	Over 59kg & Not exceeding 63kg	Over 52kg & Not exceeding 55kg
Light Middle	Over 63kg & Not exceeding 68kg	Over 55kg & Not exceeding 59kg
Middle	Over 68kg & Not exceeding 73kg	Over 59kg & Not exceeding 63kg
Light Heavy	Over 73kg & Not exceeding 78kg	Over 63kg & Not exceeding 68kg
Heavy	Over 78kg	Over 68kg





<b>CADET SPARRING DIVISIONS (12-14)</b> <b>COLOR BELTS: 3 ROUNDS, 1 MINUTE</b> <b><u>BLACK BELTS (GRASS ROOTS): BEST 2 out of 3 ROUNDS, 1 MINUTE</u></b> <b>DAEDO GENERATION 2</b>		
<b><u>BLACK BELTS (WORLD CLASS): BEST 2 out of 3 ROUNDS, 1 MINUTE 30</u></b> <b>DAEDO GENERATION 2</b>		
Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 33kg	Not exceeding 29kg
Fly	Over 33kg & Not exceeding 37kg	Over 29kg & Not exceeding 33kg
Bantam	Over 37kg & Not exceeding 41kg	Over 33kg & Not exceeding 37kg
Feather	Over 41kg & Not exceeding 45kg	Over 37kg & Not exceeding 41kg
Light	Over 45kg & Not exceeding 49kg	Over 41kg & Not exceeding 44kg
Welter	Over 49kg & Not exceeding 53kg	Over 44kg & Not exceeding 47kg
Light Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Light Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg

<b>PARA SPARRING DIVISIONS (16 &amp; OLDER)</b> <b>SPORT CLASSES K41 and K44</b> <b><u>ALL BELTS: BEST 2 out of 3 ROUNDS, 1 MINUTE</u></b>			
Male Divisions		Female Divisions	
-58kg	Not exceeding 58kg	-47kg	Not Exceeding 49kg
-63kg	Not exceeding 63kg	-52kg	Not Exceeding 52kg
-70kg	Not exceeding 70kg	-57kg	Not Exceeding 57kg
-80kg	Not exceeding 80kg	-65kg	Not Exceeding 65kg
+80kg	Over 80kg	+65kg	Over 65kg

\*Cadet, Junior, Senior, and Para World-Class Black Belt athletes will be provided helmets at the event. All other Divisions must bring their own blue & red helmets. Divisions that have head contact will be provided with an overlay for their helmet that will be used.





## WEIGH-INS

Weigh ins times will be by division. Please see the Schedule on Page 2, 3 & 4 for the weigh-in time for your division. All athletes must be weighed in by the end of their weigh-in period the day before they compete.

All participants must provide a valid ID to weigh-in. There will be no exception to this policy. Valid ID can be any of the following: school ID, state issued ID, GAL, or passport. If the athlete is a minor and does not have a valid ID, then the parent/legal guardian must provide a copy of their birth certificate.

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 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 a 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.

\*Athletes competing in **BOTH** Junior and Senior Sparring in the same event must weigh in two separate times, each being one day prior to competition. Athletes cannot weigh in for both divisions at the same time.

## WEIGHT CHANGES

**Weight Change process:** Athletes can change weight categories through the final athlete registration deadline at no additional fee. If an athlete would like to change their weight division after they complete registration but before the final registration deadline, they must email [mnewman@usatkd.org](mailto:mnewman@usatkd.org). After the final registration date, **there will not be any weight changes allowed.**

There will be test scales for athletes to check prior to stepping on the official scale.

World-Class Black Belt Junior, Cadet and Youth qualified athletes will be allowed to participate in the division they qualified in or move up one weight division from what they qualified in

**World-Class Senior Black Belt athletes must participate in the weight division they qualified in and no on-site weight changes will be permitted.**



**POOMSAE**

<b>INDIVIDUAL POOMSAE</b>			
AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK
DRAGONS	6-7 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
TIGERS	8-9 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
YOUTH	10-11 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
CADET	12-14 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
JUNIOR	15-17 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
UNDER 30	18-30 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
UNDER 40	31-40 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
UNDER 50	41-50 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
UNDER 60	51-60 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
UNDER 65	61-65 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
OVER 65	66 & OLDER	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
OVER 70	71 & OLDER	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>

<b>PAIRS POOMSAE</b>			
<b>CO-ED: 1 MALE &amp; 1 FEMALE</b>			
<b>Youth (10-11), Cadet (12-14), Juniors (15-17), Under 30 (18-30), Over 30 (31+), &amp; Over 50 (51+)</b>			
Division	Belt	Rank	Gender
Youth (10-11)	<b>Black</b>	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Under 30(18-30)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Over 30 (31+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Over 50 (51+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed

\*Over 50 athletes must participate in the Over 30 Division to be considered for National Team and Academy spots

<b>TEAM POOMSAE</b>			
<b>3 Competitors of the same gender</b>			
<b>Youth, (10-11), Cadet (12-14), Juniors (15-17), Under 30 (18-30),</b>			
Division	Belt	Rank	Gender
Youth (10-11)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Youth (10-11)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Under 30(18-30)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Under 30(18-30)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Over 30 (31+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Over 30 (31+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Over 50 (51+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Over 50 (51+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male

\*Over 50 athletes must participate in the Over 30 Division to be considered for National Team and Academy spots



<b>INDIVIDUAL FREESTYLE POOMSAE</b>			
<b>8-11, 12-17 &amp; 18+</b>			
<b>Division</b>	<b>Belt</b>	<b>Rank</b>	<b>Gender</b>
8 - 11	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
8 - 11	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
12 - 17	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
12 - 17	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
18+	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
18+	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male

<b>PAIRS FREESTYLE POOMSAE</b>			
<b>COED – 1 MALE &amp; 1 FEMALE</b>			
<b>8-11, 12-17 &amp; 18+</b>			
<b>Division</b>	<b>Belt</b>	<b>Rank</b>	<b>Gender</b>
8 - 11	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
12 - 17	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
18+	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed

<b>TEAMS FREESTYLE POOMSAE</b>			
<b>Composition of 5 Members at least 2 Males &amp; 2 Females</b>			
<b>8-11, 12-17 &amp; 18+</b>			
<b>Division</b>	<b>Belt</b>	<b>Rank</b>	<b>Gender</b>
8 - 11	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed
12 - 17	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed
18+	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed



**DESIGNATED POOMSAE**

Designated Poomsae will be selected from the Compulsory Poomsae listed below and will be published to the [USATKD website](http://www.usatkd.com), the Monday prior to the first day of competition.

<b>COMPULSORY POOMSAE – BLACK BELTS</b>	
<b>INDIVIDUAL DIVISIONS</b>	<b>COMPULSORY POOMSAE</b>
Dragons (6-7)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Tigers (8-9)	
Youth (10-11)	
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Under 40 (31-40)	
Under 50 (41-50)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60 (51-60)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65 (61-65)	
Over 65 (66+)	
Over 70 (71+)	
<b>PAIRS DIVISIONS (co-ed)</b>	<b>COMPULSORY POOMSAE</b>
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Teaback, Pyongwon, Shipjin
Over 30 (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Over 50 (51+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
<b>TEAM DIVISIONS</b>	<b>COMPULSORY POOMSAE</b>
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Over 30 (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Over 50 (51+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

# 2024 U.S. National Taekwondo Team Trials INFORMATION PACKET



## COACHING REQUIREMENT - CIDP

Registration for all coaches will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. **There is no onsite coach registration.**

### 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 the event)
- Have your current SafeSport Training (valid through the final day of the event)
- Have either an Associate Coach (in the discipline you want to coach) or Level 1 Course Completion uploaded and VALID in 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>

If you need assistance registering for the event, please view a short [video](#) that has been provided.

Coaches must have at minimum an Associate Coach certification to coach at the 2024 U.S. National Taekwondo Team Trials.

Your Associate Coach certification must be in the discipline you are coaching for, i.e., Kyorugi, Poomsae or both if you intend to coach both disciplines.

**2024 U.S. National Taekwondo Team Trials Registration Deadlines:** December 14, 2023, 11:59 PM, MST

## SAFE SPORT & BACKGROUND CHECKS

Coaches 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 a month to complete. Please initiate your background screening as soon as possible to ensure it is complete before the registration closure.

The SafeSport certification must be completed from your [Sport80](#) profile.

- Log in to your USA Taekwondo Coaches profile via Sport:80
- Click “View Profile”
- In the left navigation, click “Center for SafeSport Training”
- In the top right, Select the +Access Training button and follow the prompts to select and complete the SafeSport – Core Training Course
- These will update automatically every 24 hours if you follow the link through your [Sport80](#) profile.

### CREDENTIAL

All coach credentials will have a photo. Coach credentials are NON-TRANSFERABLE.

**All coaches are required to upload a photo to their USATKD membership profile for their credentials for all competitions. Pictures must be headshot only. Please do not mail or email a photo.**

**USATKD has a NO REFUND policy.**



# AWARDS

## SPARRING

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

INDIVIDUAL AWARDS	
1 <sup>st</sup> Place	Gold Medal + Certificate
2 <sup>nd</sup> Place	Silver Medal + Certificate
3 <sup>rd</sup> Place	Bronze Medal + Certificate
3 <sup>rd</sup> Place	Bronze Medal + Certificate

## POOMSAE

Medals will be given 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 certificate and medal if they have participated in the event. USATKD defines participated as check-in, stepped on the mat, and competed in front of judges.

INDIVIDUAL AWARDS	
1 <sup>st</sup> Place	Gold Medal + Certificate
2 <sup>nd</sup> Place	Silver Medal + Certificate
3 <sup>rd</sup> Place	Bronze Medal + Certificate
3 <sup>rd</sup> Place	Bronze Medal + Certificate

# GENERAL INFORMATION

## Event Spectator Tickets

Admission to the 2024 U.S. National Taekwondo Team Trials is by credential or ticket only. All event tickets can be ordered directly online through [Brown Paper Tickets](#). **All tickets must be pre-purchased as there is no onsite ticketing.**



Wristbands will be given in exchange for your tickets at the tournament check in desk (**please bring your ticket confirmation with you or on your phone**). Wristbands must be worn at all times and are good for the time allotted on your ticket (Single Day = only for the appropriate day purchased).

Ticket Pricing	
Event Ticket	Online
All-Event Pass	\$50
Single Day (Adult 18+)	\$18
Single Day (Child 6-17)	\$13
Children 5 & Under	Free

**\*\*NO REFUNDS or exchanges. Lost, stolen or forgotten tickets will NOT be replaced or refunded.**

## Medical

Medical Services will be provided by [Bare Essentials Sport Medicine](#). 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

