

2026 U.S. NATIONAL TKD TEAM TRIALS



JAN 30 - FEB 01
TULSA, OKLAHOMA

Information Packet



WELCOME TO THE 2026 U.S. NATIONAL TAEKWONDO TEAM TRIALS

The 2026 U.S. National Taekwondo Team Trials event will take place January 30 - February 1, 2026, in Tulsa, Oklahoma.

This event is for Black Belt World Class Qualified athletes. This event will host multiple Team Trials, with the winners being awarded the following:

Athletes who compete and win 1st place at this event will earn a position on the 2026 US National Taekwondo Team (Kyorugi & Poomsae)

Kyorugi Information: **Daedo Gen 3 will be in use.**

Senior: Athletes who compete and win 1st place at the 2026 US National Team Trials will earn a position on the 2026 US National Taekwondo Team. The USATKD National Team Member will compete at the 2026 Pan American Championships and any international championships.

Junior: Athletes who compete and win 1st place at the 2026 US National Team Trials will earn a position on the 2026 US National Taekwondo Team. The USATKD National Team Member will compete at the 2026 World Taekwondo Championships and any Continental Championships.

Cadet: Athletes who compete and win 1st place at the 2026 US National Team Trials will earn a position on the 2026 US National Taekwondo Team. The USATKD National Team Member will compete at any Continental Championships or international championships.

Poomsae Information:

Athletes who compete and win 1st place at the 2026 US National Team Trials will earn a position on the 2026 US National Taekwondo Team. The USATKD National Poomsae Team will represent the USA at national team events.

National Team Members: There will be a team meeting at the end of each competition day at the Arvest Convention Center for the new team members!

HOST CITY

2026 U.S. TEAM TRIALS
ARVEST CONVENTION CENTER
100 CIVIC CENTER
TULSA, OKLAHOMA 74103

HOTEL ACCOMMODATIONS

HOTEL RESERVATIONS COMPLETED
THROUGH [GROUPHOUSING](#)

PROMOTER & SANCTIONED BY USA TAEKWONDO



Member, United States
Olympic & Paralympic Committee

USATKD POINTS OF CONTACT

**Christine Strong Simmons, Managing
Director of Operations
cssimmons@usatkd.org**

**Katie Cleveland, Associate Director of Events
kclleveland@usatkd.org**

**Michael Newman, Events and Freight
Logistics Assistant Manager
mnewman@usatkd.org**

**Eric Wininger, National Teams Director
ewininger@usatkd.org
For questions regarding 2026 National
Team Pathways**

**Jakob Allison, Events and Member
Services Coordinator
jakob.allison@usopc.org**

MAILING ADDRESS

**U.S.A. Taekwondo
1 Olympic Plaza
Colorado Springs, CO 80909**

Table of Contents

INTRODUCTION, HOST CITY, AND HOTEL ACCOMMODATIONS

USATKD POINTS OF CONTACT AND MAILING ADDRESS

SCHEDULE OF EVENTS

ATHLETE REGISTRATION

COACH REGISTRATION

QUALIFICATION

WEIGH IN INFORMATION

METHOD OF COMPETITION AND COMPETITION RULES

GENERAL INFORMATION: TICKETS, MEDICAL, AWARDS

MEDIA RELEASE

SPECTATOR CODE OF CONDUCT

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

·2026 NATIONAL TEAM PATHWAYS AND PROCEDURES



2026 UNITED STATES TAEKWONDO TEAM TRIALS

JANUARY 30 - FEB 01, 2026 | TULSA, OKLAHOMA

JANUARY 30

SPARRING

SENIOR OLYMPIC WEIGHTS

MALE: -58KG, -68KG, -80KG,

+87KG

FEMALE: -49KG, -57KG, -67KG,

+73KG

POOMSAE

INDIVIDUAL

UNDER 50 - M/F

UNDER 60 - M/F

UNDER 65 - M/F

OVER 65 - M/F

PAIRS & TEAMS

MIXED PAIRS UNDER 60

MIXED PAIRS OVER 60

TEAMS UNDER 60 - M/F

TEAMS OVER 60 - M/F

FREESTYLE

INDIVIDUAL (U17) - M/F

INDIVIDUAL (O17) - M/F

JANUARY 31

SPARRING

JUNIOR (15-17): M/F

PARA ALL DIVISIONS: M/F

POOMSAE

INDIVIDUAL

CADET (12-14) - M/F

UNDER 30 - M/F

PAIRS & TEAMS

MIXED PAIRS JUNIOR (15-17)

MIXED PAIRS UNDER 50

TEAMS JUNIOR (15-17) - M/F

TEAMS UNDER 50 - M/F

FREESTYLE

MIXED PAIRS (UNDER 17)

MIXED PAIRS (OVER 17)

FEBRUARY 01

SPARRING

SENIOR NON-OLYMPIC WEIGHTS

MALE: -54KG, -63KG, -74KG, -87KG

FEMALE: -46KG, -53KG, -62KG,

-73KG

CADET (12-14) - M/F

POOMSAE

INDIVIDUAL

JUNIOR (15-17) - M/F

UNDER 40 - M/F

PAIRS & TEAMS

MIXED PAIRS CADET (12-14)

MIXED PAIRS UNDER 30

TEAMS CADET (12-14) - M/F

TEAMS UNDER 30 - M/F

FREESTYLE

MIXED TEAMS (UNDER 17)

MIXED TEAMS (OVER 17)

THERE WILL BE A TEAM MEETING FOR ALL WINNERS AT THE END OF COMPETITION EACH DAY AT THE ARVEST CONVENTION CENTER.

2026 U.S. Taekwondo Team Trials

JANUARY 30TH - FEBRUARY 1ST 2026

THE ARVEST CONVENTION CENTER, TULSA OKLAHOMA

[Click Here for Weigh In Schedule](#)

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. National Taekwondo Team Trials Registration Deadline:

Registration deadline: Jan 8, 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.

[CLICK HERE FOR STEPS ON HOW-TO-REGISTER FOR AN EVENT](#)

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.

[Click Here for Instruction Video for Center for SafeSport Training](#)

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.

Athlete Event Credentials:

Athletes will receive an event credential via email prior to the start of the tournament from Katie Cleveland, support@usatkd.zendesk.com. This virtual credential will be the athlete's credential for the event.

A physical credential is available for purchase during the registration process for \$10.

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 support@usatkd.zendesk.com 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”.

ATHLETE REGISTRATION FEES

EARLY/REGULAR FEES	EVENT ENTRY FEE	CC PROCESSING	DIVISION FEE
EARLY (ENDS 12/31/2025)	\$190	\$5	\$30
REGULAR (BEGINS 1/1/2026)	\$195	\$5	\$30

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. National Taekwondo Team Trials Registration Deadline:

Registration deadline: Jan 8, 2026, 12:00 PM, MST

THERE WILL BE NO LATE REGISTRATION.

USATKD HAS A NO REFUND POLICY.

All coaches 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.

CLICK HERE FOR STEPS ON HOW-TO-REGISTER FOR AN EVENT

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.

Coaches must be an Associate Coach or Level 1 or higher to coach in the World Class Sparring & World Class Poomsae divisions. Your coaching certification must be in the discipline you are coaching, i.e. Kyorugi, Poomsae, or both.

Center for SafeSport and USOPC Background Screening Requirements

[Center for SafeSport Training Instruction Video](#)

[USOPC Background Screening Instruction Video](#)

Coach Credential Information:

All coach credentials must be physically picked up at the Member Services Desk at the competition. Member Services hours are 7:30 AM - the end of competition. Coaches must be physically present and show a photo ID to receive their credential.

IMPORTANT:

COACH CREDENTIALS ARE NON-TRANSFERABLE DUE TO OUR COMPLIANCE WITH THE CENTER FOR SAFESPORT AND USOPC.

ANY COACH FOUND TO SHARE THEIR CREDENTIAL WITH ANOTHER COACH IS SUBJECT TO SANCTION.

COACH REGISTRATION FEES

EARLY/REGULAR FEES	EVENT ENTRY FEE	CC PROCESSING
EARLY (ENDS 12/31/2025)	\$80	\$5
REGULAR (BEGINS 1/1/2026)	\$90	\$5

Qualification

2026 U.S. National Team Trials Qualification

Please view the [2026 US National Team Pathways and Selection Procedures](#) on the USATKD Website for all 2026 US Team Trials qualification information.

World Class Junior and Cadet Black Belts: All world class black belt athletes in the Cadet and Junior age divisions must compete in the weight class they qualified in or one weight class higher than the one they qualified in. 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 “Fly” weight class they must compete in that weight class or the “Bantam” weight class which is one above. The athlete may not move down to the “Fin” weight class.

World Class Black Belt Weight Changes are allowed prior to the registration deadline (January 8th, 2026, at 12:00 PM MST) for the 2026 US National Team Trials. There will be no onsite weight changes at the 2026 U.S. Team Trials.

World Class Senior Black Belts: All world class black belt athletes in the Senior age division must compete in the weight class they qualified in. Any athlete who is found to have registered in a weight class they did not qualify for will be re-registered into the division they qualified for and will receive an email acknowledging the change.

Poomsae Qualification:

World Class Individual Poomsae athletes may compete in the division they qualified for through the [Poomsae National Team Pathways](#).

Any athlete who is found to have registered in a division they did not qualify for will be re-registered into the division they qualified for and will receive an email acknowledging the change.

If you are interested in competing in pairs or teams and you have not already qualified, please fill out the forms below to receive an invitation to register for the competition.

Links for Poomsae Pairs and Teams Interest

[Recognized Pairs](#)

[Recognized Teams](#)

[Freestyle Pairs](#)

[Freestyle Teams](#)

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.

Weigh-In Information

There will be no weight changes onsite at the 2026 US National Team Trials. Athletes can change weight classes through the final registration deadline of January 8th, 2026. 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, weight changes will no longer be allowed.

Reminder: World Class Senior Sparring athletes must compete in the division they qualified in.

Athletes may only weigh in during their scheduled weigh in periods, no exceptions will be made.

The weigh in window will last 2 hours for each group with a break between groups if necessary.

Weigh in times are based on the schedule below. 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.

[**Click Here for All Weigh In Rules**](#)

Date	Weigh In	Time
Thursday 1/29/2026	Weigh In Senior Olympic Weights: Male: -58kg, -68 kg, -80 kg, +87kg Female: -49kg, -57kg, -67kg, +73kg	1:00 PM - 3:00 PM
Friday 1/30/2026	Weigh In Junior - Male/Female Para All Divisions - Male/Female	8:30 AM - 10:30 AM
Saturday 1/31/2026	Weigh In: Cadet - Male/Female Senior Non-Olympic Weights Male: -54kg, -63kg, -74kg, -87kg Female: -46kg, -53kg, -62kg, -73kg	Cadets: 8:30 AM - 10:30 AM Seniors: 10:30 AM - 12:30 PM

Method of Competition & Competition Rules

Athletes must wear the appropriate uniforms for sparring and/or poomsae. [Dobok & Equipment Standards for 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 National Team Selection Procedures [2026 US National Team Pathways and Selection Procedures](#).

Sparring – A single elimination format will be applied to all sparring divisions with 5 or more athletes. Divisions of 3 or 4 athletes will compete in a round robin format. Divisions of 2 athletes will compete in a best 2 out of 3 matches.

IMPORTANT: Daedo Gen 3 gear will be in use. Gen 3 Socks will be required. USA Taekwondo will not be utilizing Gen 3 Gloves at Team Trials.

[Sparring Weight Categories](#)

[USATKD Kyorugi Head Contact Rules](#)

Poomsae – All poomsae divisions will be drawn for the first round according to the [2026 US National Team Pathways and Selection Procedures](#).

- [Poomsae Divisions](#)
- [Compulsory Poomsae](#)

Freestyle Poomsae: An email will be sent to all athletes after the registration deadline to submit music.

Estimated Report Times will be posted prior to the event after the final registration deadline has closed.

Final Report times and brackets will be posted the night before after weigh-ins have concluded on the [USATKD.org](#) website.

Designated Poomsae will be randomized at the mat.

General Information

Member Services Daily Hours

Subject to change

Date	Member Services	Time
1/29/2026	Member Services	1:00 PM - 3:00 PM
1/30/2026	Member Services	7:30 AM - End of Competition
1/31/2026	Member Services	7:30 AM - End of Competition
2/1/2026	Member Services	7:30 AM - End of Competition

Daily Venue Hours

Subject to change

Date	Competition Days	Time
1/29/2026	Weigh In/Training	Doors Open 12:00 PM Weigh Ins and Training End 3:00 PM
1/30/2026	Competition Day 1	Doors Open 7:30 AM 1 st Report Time 8:00 AM Competition Begins 8:30 AM
1/31/2026	Competition Day 2	Doors Open 7:30 AM 1 st Report Time 8:00 AM Competition Begins 8:30 AM
2/1/2026	Competition Day 3	Doors Open 7:30 AM 1 st Report Time 8:00 AM Competition Begins 8:30 AM

General Information

Event Spectator Tickets: Easy Event Tickets All tickets sales are now Online Only. Come to the registration desk to redeem your online purchased tickets for a colored wrist band for entry into the tournament.

TICKET PRICES

Event Ticket	Online Early Bird Ticket Price	Online Regular Ticket Price
All Weekend Adult Pass	\$56.00	\$61.00
All Weekend Child Pass	\$41.00	\$46.00
All Weekend Senior (65+)	\$47.00	\$52.00
Single Day (Adult 18+)	\$20.00	\$25.00
Single Day (Child 6-17)	\$15.00	\$20.00
Single Day (Senior 65+)	\$17.00	\$22.00
Children 5 & under	FREE	FREE

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 /4 TH PLACE	BRONZE MEDAL

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.

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.

USA TAEKWONDO SPECTATOR CODE OF CONDUCT

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



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 apply complex rules fairly - mistakes may happen.
- Abusive and verbal attacks of any kind will not be tolerated.
- 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 is 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

- 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

USATKD IS THE SAFEST PLACE TO PLAY