COLORADO

USATKD

STATE CHAMPIONSHIP

2024 USATKD

Colorado State Taekwondo Championships

March 9, 2024

WELCOME!

Esteemed Grand Masters, Masters, Referees, Coaches, Athletes, Parents, and Supporters:

On behalf of the Colorado State Taekwondo Association board, it is my great honor and pleasure announce that the 2024 USATKD Colorado State Championship will be held March 9, 2024, in the gymnasium of Colorado Springs Christian School. Since 2020, taekwondo practitioners across the state, nation, and globe have had to overcome a variety of pandemic-related challenges. Now, it is time to bring together our Colorado taekwondo family to celebrate a shared passion for this sport and one of its most important tenants: indomitable spirit.

New for 2024, athletes who earn gold or silver medals at the state championships in qualifying events will automatically qualify for the 2024 National Championships, which will be contested in Fort Worth, Texas from July 4 to July 7, 2024.

Good luck to all athletes, coaches, and taekwondo schools participating in this year's event. Thank you all for your dedication and support of Colorado taekwondo. We look forward to seeing you in Colorado Springs on March 9, 2024.

Respectfully,

Master Sean Jung
COSTA President

EVENT POINTS OF CONTACT

Vice President, Master Angela De Oliveira
Treasurer, Master Joseph Coughlin, treasurer@cotkd.org
Secretary, Dodie Thompson, secretary@cotkd.org
Coach Representative, Master Sam Kim
Referee Representative, Master Carolyn Nuñez
Athlete Representative, Mitchell Norsen

SANCTIONED BY

USATKD
1015 Garden of the Gods Road, Suite 110
Colorado Springs, CO 80907

GOVERNANCE

All sanctioned State Championships must use and follow the USA Taekwondo Rules and Regulations.

For current Sparring and Poomsae rules please refer to the following link: https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules

VENUE

Palmer Ridge High School
19255 Frontage Road
Monument, CO 80132

LODGING

Check the COSTA Facebook page for information regarding a room block.

EVENT SPECTATOR TICKETS

Ticket Pricing	
Children 6+ and Adults	**$7 if pay during Friday check-in**
Children 6+ and Adults	$10 if pay during Saturday check-in
Children 5 & Under	Free

COMPETITION EVENTS

Competition event times and poomsae draws will be announced on the COSTA Facebook page after final registration has closed. Events, including para, to be contested are:

EVENTS	AGES	BELTS
World Class Sparring (Daedo)	All Ages	Black Belts
Grassroots Sparring (Daedo)	12-14 (Cadets only)	Black Belts
Color Belt Sparring (Daedo)	All Ages	Color Belts
Individual Sport Poomsae	All Ages	All Belts
Individual Traditional Poomsae	All Ages	Black Belts
Pairs Sport Poomsae	Cadet, Junior, U30, O30, O50	Black Belts
Team Sport Poomsae	Cadet, Junior, U30, O30, O50	Black Belts
Board Breaking	All Ages	All Belts
Demonstration Team	All Ages	All Belts
Freestyle	17 & Under Individual; 18 & Over Individual; 17 & Under Pairs; 18 & Over Pairs; 17 & Under Team; 18 & Over Team	Black Belts

* Athletes who sign up for para events cannot also sign up for non-para events.

REGISTRATION DEADLINES & FEES

Registration for all athletes, coaches, and referees will be done through USATKD Sport80. All registrations must be completed by the registration deadline of March 4, 2024.

If you need assistance registering for the event, please view a short video that has been provided.

Citizenship or residency documents are not required to participate in state championships or other state sanctioned tournaments. Athletes must be U.S. citizens to participate in the world class divisions at the U.S. Taekwondo National Championships.

Once on the USATKD Sport80 page:

1. Click on “Events” located under the login tab.
2. Click on the “2024 USATKD Colorado State Taekwondo Championship” then the “Enter Now” button for registration.
3. Answer the question at the bottom of the page and follow the registration instructions within the site.

All athletes and coaches must register and pay in full by the early registration dates to receive the early registration fee. If payment is not received by early registration deadline you will be required to pay the final registration fee.

Registration Deadlines end at 11:59 p.m. MT on March 4, 2024

Athletes aged 18 and older must complete the U.S. Center for SafeSport course each year.

The SafeSport and background check can be completed from your Sport80 profile.

Athletes will need to check their belt information in the belt section. Athletes will want to make sure a belt color is added to your Sport80 profile. Not having belt information will prevent you from being able to select any events. Black belt athletes will need to upload a copy of their black belt certificate in Sport80.

Athletes do not need to provide proof of residency or citizenship to participate in a state championship. World Class divisions will need to provide proof of U.S. citizenship to participate in a USATKD Regional or US Taekwondo National Championships.

Volunteers who sign up for specific roles (for example, event set up, holding, timekeeper, etc) before March 1, 2024, will receive a free admission ticket ($10 value) and lunch. Volunteers who are 18 years and older must complete the U.S. Center for SafeSport training. See the Volunteers section below for more information. Volunteers must be at least 14 years old.

ATHLETES

Event Entry Fee	Price Per Division	Early Registration Deadline	Late Registration Fee	Final Registration Deadline
$75	$25	Feb 18, 2024	+$25	March 4, 2024

Registration Deadlines end at 11:59pm (MT)

COACHES

CIDP LEVEL	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
Associate Coach or Level 1	$25	February 18, 2024	$35	March 4, 2024

Coaches must have at minimum an Associate Coach certification to coach at the National Championships.

Coaches must be at minimum an Associate Coach or higher to coach in the World Class Cadet Sparring, Junior Sparring, Senior Sparring, and 12 & older World Class black belt poomsae divisions at the National Championships. Click here to access the Associate Coach test.

Coaches are required to complete and pass a background check (every two years), complete the U.S. Center for SafeSport training (every year).

The SafeSport and background check can be completed from your Sport80 profile.

Coaches must abide by the USAT-standard attire and conduct requirements as well as the following requirements:

Coach courtesy hold and match management

- For the first-round, officials can make accommodations for coaches with multiple athletes in separate rings.
- Due to the scheduling of this event, referees will be instructed to hold matches for a maximum of one minute prior to starting the match in the semi-finals and finals only.
- Once the division brackets and match orders are set, no changes will be accepted on the floor.

Coach etiquette (sparring and poomsae)

- No recording video or pictures ringside or on the competition floor
- No phones, headsets, earbuds, etc. at ringside or on the competition floor
- No loitering behind the ring table
- No questions during the competition

Violations of etiquette may be penalized with a yellow card (sanction).

WEIGH-INS – CHECK-IN – BRACKETING

Weigh-In
Friday, March 8, 2024: Locations and times (to be determined) will be posted on the COSTA Facebook page and website.

There will be a $25 fee to change weight divisions, so please ensure your weight/division is correctly entered when registering.

- All sparring competitors must weigh-in the day before the competition.
- Athletes only competing in poomsae (forms) do not need to weigh-in but must still check-in.
- There will be no on-site registrations; all registrations must be through Sport80.
- A sparring competitor's weight shall be measured the day prior to their competition day. All sparring competitors must weigh-in during the designated times on the schedule.
- A sparring 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 weigh-in event as a test scale.
- During the weigh-in, the sparring contestant is required to show his/her current photo ID, USATKD identification card or birth certificate.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- 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 for athletes 18 and older only (0.1 kg cushion). **Under NO circumstances may any athlete be nude for weigh-ins.**
- Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY. Athletes will be given 0.2 kg cushion for clothing. One (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.

SPARRING

Not exceeding means the weight limit is defined by the criterion of one decimal place away from the stated limit. For example, not exceeding 50 kg is established as until 50.0 kg with 50.1 kg being over the limit and resulting in disqualification. Over: Over 50.00 kg marks occur at the 50.1 kg reading and 50.0 kg and below is regarded as insufficient, resulting in disqualification.

Ultra Divisions (33+ year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) (33-40, 41-50, 51-99)

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

Senior Divisions (17–32-year-olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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

Junior Divisions (15–17-year-olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (KG)	Female Divisions Weight Category (KG
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

Cadet Divisions (12–14-year-olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

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

Youth Divisions (10–11-year-olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 30kg	Not exceeding 30kg
Light	Over 30kg & Not exceeding 35kg	Over 30kg & Not exceeding 35kg
Middle	Over 35kg & Not exceeding 40kg	Over 35kg & Not exceeding 40kg
Heavy	Over 40kg	Over 40kg

Tiger Divisions (8–9-year-olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 21kg	Not exceeding 21kg
Light	Over 21kg & Not exceeding 25kg	Over 21kg & Not exceeding 25kg
Middle	Over 25kg & Not exceeding 30kg	Over 25kg & Not exceeding 30kg
Heavy	Over 30kg	Over 30kg

Dragons Divisions (6–7-year-olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 19kg	Not exceeding 19kg
Light	Over 19kg & Not exceeding 23kg	Over 19kg & Not exceeding 23kg
Middle	Over 23kg & Not exceeding 27kg	Over 23kg & Not exceeding 27kg
Heavy	Over 27kg	Over 27kg

Junior Safety Rules: Attacks to the head are prohibited. The referee will penalize the athlete for this case. The referee can decide the winner of RSC (Referee Stop Contest) in case of significant difference of competing ability between two athletes.

Olympic-Style Sparring Divisions: Daedo Gen2 will be used for all Olympic-style sparring divisions, including color belts. All athletes must provide their own Daedo Gen2 socks. Electronic-scoring trunk protectors and helmets will be provided. Contestants shall wear approved groin guard (mandatory for both male and female competitors), gloves, forearm protector, shin-instep protectors, and mouth guard before entering the contest area. Contestants with braces must utilize mouth guards specifically designed for braces. Mouth guards cannot be red. 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.

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.

Long hair must be braided and/or in a ponytail to be tucked into the head protector.

POOMSAE

INDIVIDUAL SPORT POOMSAE

Since this is a National qualifying event, color belts and black belts will both be able to participate.

AGE CLASSES	AGE DIVISIONS	BELT COLOR	COMPETITION TYPE
DRAGONS	6-7 YEARS OLD	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT
TIGER	8-9 YEARS OLD	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT
JUNIOR	15-17 YEARS OLD	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT
UNDER 30	18-30 YEARS OLD	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT
UNDER 40	31-40 YEARS OLD	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT
UNDER 50	41-50 YEARS OLD	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT
UNDER 60	51-60 YEARS OLD	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT
UNDER 65	61-65 YEARS OLD	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT
OVER 65	66 & OLDER	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT
OVER 70	71 & OLDER	**White/Yellow/Green/Blue/ Red/BLACK**	MODIFIED WTF FORMAT

PAIRS SPORT POOMSAE (CO-ED) – 1 MALE & 1 FEMALE

Division	Belt	Rank	Gender	Type
Cadet (12-14)	Black	1st – 9th	Co-Ed	Modified WTF Format
Juniors (15-17)	Black	1st – 9th	Co-Ed	Modified WTF Format
Under 30 (18-30)	Black	1st – 9th	Co-Ed	Modified WTF Format
Over 30 (31+)	Black	1st – 9th	Co-Ed	Modified WTF Format
Over 50 (51+)	Black	1st – 9th	Co-Ed	Modified WTF Format

TEAM SPORT POOMSAE – 3 COMPETITORS OF THE SAME GENDER

Division	Belt	Rank	Gender
Cadet (12-14)	Black	1st – 9th	Female
Cadet (12-14)	Black	1st – 9th	Male
Juniors (15-17)	Black	1st – 9th	Female
Juniors (15-17)	Black	1st – 9th	Male
Under 30 (18-30)	Black	1st – 9th	Female
Under 30 (18-30)	Black	1st – 9th	Male
Over 30 (31+)	Black	1st – 9th	Female
Over 30 (31+)	Black	1st – 9th	Male
Over 50 (51+)	Black	1st – 9th	Female
Over 50 (51+)	Black	1st – 9th	Male

INDIVIDUAL TRADITIONAL POOMSAE

Traditional Poomsae is for black belts only. Contestants can perform any Kukkiwon/WT form appropriate to their belt level from the chart below.

Age	1st Dan/Poom Koryo	2nd Dan/Poom Keumgang	3rd Dan/Poom Taebek	4th Dan/Poom Pyongwon	5th Dan+ Shipjin through Hansu
6-7 Years	✓				
8-9 Years	✓	✓	✓		
10-11 Years	✓	✓	✓		
12-14 Years	✓	✓	✓		
15-17 Years	✓	✓	✓	✓	
18-30 Years	✓	✓	✓	✓	✓
31-49 Years	✓	✓	✓	✓	✓
50+ Years	✓	✓	✓	✓	✓

DEMONSTRATION TEAM

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMIT	PERFORMANCE TIME LIMIT	CLEAN-UP TIME LIMIT
Demonstration Team	ALL AGES	ALL BELT COLORS	1 MINUTE	6 MINUTES	1 MINUTE
Recreational Demo Team	ALL AGES	ALL BELT COLORS	1 MINUTE	6 MINUTES	1 MINUTE

BOARD BREAKING

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS
DRAGONS	6-7 YEARS OLD	**YELLOW/GREEN, BLUE/RED & BLACK**	1 MINUTE	1 MINUTE
TIGER	8-9 YEARS OLD	**YELLOW/GREEN, BLUE/RED & BLACK**	1 MINUTE	1 MINUTE
YOUTH	10-11 YEARS OLD	**YELLOW/GREEN, BLUE/RED & BLACK**	1 MINUTE	1 MINUTE
CADET	12-14 YEARS OLD	**YELLOW/GREEN, BLUE/RED & BLACK**	1 MINUTE	1 MINUTE
JUNIOR	15-17 YEARS OLD	**YELLOW/GREEN, BLUE/RED & BLACK**	1 MINUTE	1 MINUTE
SENIOR	18-32 YEARS OLD	**YELLOW/GREEN, BLUE/RED & BLACK**	1 MINUTE	1 MINUTE
ULTRA	33+ YEARS OLD	**YELLOW/GREEN, BLUE/RED & BLACK**	1 MINUTE	1 MINUTE

All boards MUST be purchased on site. The prices for boards: to be determined.

Standard board sizes:

- 6 - 9 years old: 1⁄4 x 10 x 12-inch pine board
- 10 - 14 years old: 1⁄2 x 10 x 12-inch pine board
- 15 - 17 years old: 1 x 10 x 12-inch pine board
- 18 + years old: 1 x 10 x 12-inch pine board

QUALIFYING FOR NATIONALS

Athletes who win a gold or silver medal at a state championship in a qualifying event will qualify to go directly to the USA Taekwondo National Championships.

Athletes who participate in a regional tournament will qualify to go to the USA Taekwondo National Championships.

COLOR BELTS

- All color belt athletes will be able to compete in a state championship and national championships at the current belt in which they hold. For example, an athlete competed at a state championship as a green belt but has since tested and received their blue belt. This athlete may now compete at the USA Taekwondo National Championships as a blue belt.
- EXCEPTION: If an athlete competed at a state championship as a red belt and has since been promoted to black belt, the athlete MAY NOT compete in any black belt divisions at the USA Taekwondo National Championships.

METHOD OF COMPETITION

The current competition rules for all divisions will be used. To view current version, go to: http://www.teamusa.org/usa-taekwondo/v2-events/competition-rules

Sparring - A single elimination format will be applied to all sparring divisions. All sparring divisions will use the USATKD National Rankings sponsored by Tusah to determine seeding and brackets.

Poomsae - All poomsae divisions will be seeded for the first round according to the USATKD National Rankings sponsored by Tusah. Designated Poomsae will be selected from the Compulsory Poomsae.

Board Breaking and Demonstration Team - Judges scoring based on the rules set-forth online.

BLACK BELT REQUIREMENTS

PROOF OF BLACK BELT REQUIREMENT

- If an athlete doesn't have a black belt certification uploaded to their profile or provide a copy of certification at the time of registration, the state association will be able to utilize the black belt verification form. The form will include contact information so that USA Taekwondo can track that each person provides a copy of their black belt certification by the National Championships. If a

copy is not provided at the National Championships, then the athlete's coach and/or instructor will be required to apply for a USA Taekwondo Dan black belt certificate at the time of registration. For more information on the USA Taekwondo Dan certification program follow this link: https://www.teamusa.org/USA-Taekwondo/Resources/Dan-Certification-Program

UNIFORMS

All contestants must wear a taekwondo V-neck or Y-neck USATKD/WT uniform (dobok) in good condition. Black belts must wear black-collared uniforms. Poom rank holders (15 years and under black belts) may wear poom uniforms with black and red collars. Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms. Sport poomsae uniforms are optional at the state tournament but are required for black belt contestants in all sport poomsae divisions at the National Championships.

AWARDS

SPARRING

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

Individual Awards		
1st Place		Gold Medal
2nd Place		Silver Medal
3rd Place		Bronze Medal
3rd Place		Bronze Medal

POOMSAE

Medals will be given to the top 4 individuals, pairs, and teams in the respective divisions.

Individual/Pairs/Team Awards		
1st Place		Gold Medal
2nd Place		Silver Medal
3rd Place		Bronze Medal
3rd Place		Bronze Medal

DEMONSTRATION TEAMS

Demonstration teams will receive one trophy per team for first, second, third, and third place.

SAFESPORT & MAAP

If you need crisis intervention, referrals, or emotional support at any time, contact the 24-hour SafeSport Helpline at 866-200-0796.

If you are facing a life-threatening emergency, contact 911. Please use this link to report a Safe Sport incident - https://uscenterforsafesport.org/report-a-concern/
How to report a Safe Sport concern -
Please call 833 5US Safe
https://uscenterforsafesport.org/report-a-concern/

USA Taekwondo, SafeSport and the MAAPP Policy
SafeSport is an initiative that is mandatory for all USOPC National Governing Bodies to develop and to implement. USA Taekwondo has done so, and it is now a requirement that people in supervisory positions with our Taekwondo athletes must undergo and successfully complete a background check. Of course, the emphasis here is on the safety of our athletes and the strong motivation to keep them safe from all kinds of abuse, including harassment, bullying, and improper touching. We will also be providing training for our membership regarding SafeSport and its implementation.

We are partnering with the USOPC to bring this training to our membership. Athlete safety concerns our entire membership and SafeSport is a great initiative that has been instituted by the U.S. Olympic & Paralympic Committee to help to protect all of our athletes.

The Minor Athlete Abuse Prevention Policies (MAAPP) limits one-on-one adult/minor interactions and sets standards for training and sport settings that prevent abuse and misconduct. Sport organizations invested in keeping young athletes free of abuse are strongly encouraged to adopt the MAAPP—now required throughout the U.S. Olympic and Paralympic Movement.

Click here to view USATKD's SafeSport Details including Reporting and MAAPP

Click here to view the US Center for SafeSport

VOLUNTEERS

Volunteers are an integral component to successful athletic events such as the Colorado State Taekwondo Championships. COSTA recognizes the important work of volunteers – often parents, athletes, siblings, and other taekwondo enthusiasts. Volunteers who sign up before March 1, 2024, will receive a free admission ticket ($10 value) and lunch. Volunteers who are 18 years & older must complete the U.S. Center for SafeSport training (available at no cost via Sport80). Volunteers who do not already have a Sport80 account (for example, coaches or athletes) can sign up for a free Sport80 account.

Volunteer roles include volunteer coordinator, event check-in, holding, ring runners, concessions, time/score keeping, event set up, event clean up, and general event support. Volunteers must be at least 14 years old. To sign up for a volunteer role, please use the following link:
https://www.signupgenius.com/go/10C094BADA629A1FDC61-46978429-2024