



MICHIGAN STATE CHAMPIONSHIPS

MARCH 28TH 2026 | FRUITPORT HIGH SCHOOL



2026 MICHIGAN SPORT STATE TAEKWONDO CHAMPIONSHIP

WELCOME TO THE 2026 MICHIGAN STATE CHMPIONSHIP

KEY POINTS:

- All athletes who earn Gold or Silver medal in the State Championship will be eligible to compete in the National Championship.
- All sparring athletes will be using GEN 3 DEADO. Gen 3 Socks and Gen 3 Gloves can be bought on www.tkdscor.com . Socks for purchase will be available at the event but supply will be very limited and sizes are not guaranteed -Online order is recomended.
- Gen 3 rentals will be \$30 at the event (Covers socks and gloves together)
- Both States and Regionals being held in Michigan will be qualifying events for the U.S National Championships.

WELCOME TO THE 2026 MICHIGAN SPORT STATE CHAMPIONSHIP

Welcome to the Michigan Sport Taekwondo State Championship! The 2026 State Championships and the 2026 U.S. Regional TKD Series will serve as a qualifying events for the 2026 U.S. Taekwondo National championships to be held in Charlotte, NC

PROMOTER-EVENT RANKING

Promoter & Sanctioned By:
Michigan Sport Taekwondo

Ranking:
12.0

HOST CITY/ACCOMMODATIONS

Hotel:

Holiday Inn Express & Suites:
Muskegon - Grand Haven
1744 Patriot Drive,
Muskegon, Michigan, 49444



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MSTKD POINTS OF CONTACT

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- [Sparring Weight Categories](#)
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SCHEDULE:

Report Time	Description of Event	Location
8 AM	<ul style="list-style-type: none"> • Check in Begins for athletes, coaches, and referees. • Spectators - \$10 entry at door. (Kids 4 and under are free) • Board Sales - Boards are \$5 each. All competition boards must be purchased at the event. Competitors may use up to 15 boards when competing 	Fruitport High School
8:45 AM	<p>Referee/Coaches Meeting Referee Photo</p>	Fruitport High School
9 AM	<p>Olympic Black Belt Sparring/Demo/Freestyle report to holding</p>	Fruitport High School
9:15 AM	<p>National Anthem</p>	Fruitport High School
10:30 AM	<p>Color belts report to holding</p>	Fruitport High School
12:30 PM	<p>12:00 PM - Lunch Poomsae report to holding</p>	Fruitport High School
1:30 PM	<p>Breaking report to holding</p>	Fruitport High School



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ATHLETE REGISTRATION

Registration for all athletes will be done through [USATKD SPORT 80](#). All registrations must be completed by the registration deadline. **There will be no onsite registration for athletes.**

2025 Michigan State Championship Registration Deadline:
Registration Deadline: **March 16th, 2026, 11:59 PM EST**

THERE WILL BE NO LATE REGISTRATION **MSTKD HAS A NO REFUND POLICY**

All athletes must pay in full by the registration deadline. No exceptions will be made for not completing registration. If you are having trouble registering, please email roger.willard@mstkd.org or mhammed.bouabdellaoui@mst.org for assistance

How to register for an event:

Once on USATKD Sport 80 page:

1. Click on "events", located on the left- hand side of the home page.
2. Search for the Michigan State Championship.
3. Click the "Enter Now" button for the Michigan State Championship registration.
4. Click the +Enter button next to the athletes name.
5. Follow the registration instructions within 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 onto Sport80 profile.

*Athletes aged 18 and older: Must complete their U.S. Center for SafeSport course each year.

1. Log in to your USA Taekwondo Athlete profile on Sport80 profile.
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.



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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 Sport 80 profile before being able to select/register for any events. These documents must be uploaded in the "Verification Document" section of your Sport 80 profile.

Sparring athletes are checked in when they weigh in during their scheduled weigh-in period. Any athlete who does not weight in will be marked as "Disqualified".

Poomsae, weapons and breaking athletes check-in day of.

ATHLETE REGISTION FEES

EVENT ENTRY FEE

Price Per Division

\$75

\$25

COACHING REQUIREMENTS AND REGISTRATION-CIDP

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.

2024 U.S. Taekwondo States Registration Deadline: **March 16th, 2026, 11:59 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-anevent>



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Coaches must be an Associate Coach or Level 1 or higher to coach in the World Class Sparring & World Class Poomsae divisions at the National Championships or Season Final. 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

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

\$20

2026 U.S. Taekwondo National Championships Qualification

All athletes who receive a gold, silver, or bronze medal at a State Championship or all athletes who participate in a Regional TKD Qualifier tournament receive an invitation to the 2025 U.S. Taekwondo National Championships.

Belt Qualification Rule: All athletes will be eligible to compete at the 2025 U.S. Taekwondo National Championships and the 2024 U.S. Season Final at the current belt in which they hold.

Color Belts: All athletes in Dragon, Tiger, Youth, Cadet Grassroots, Cadet Color Belt, Junior Color Belt, Senior Color Belt and Ultra Divisions will be allowed to move weight classes from the weight class they qualified for at States, Regionals, or Nationals. However, it is strongly encouraged to make the weight they “qualified” in or move up one weight class.

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 at States or Regionals for the 2024 U.S. Taekwondo Nationals Championship. Any athlete who is found to have registered in a weight class they do not



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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 for the 2026 U.S. Taekwondo National Championships. Onsite weight changes are not permitted for World Class athletes.

Sparring and Poomsae athletes that medal (gold, silver, or bronze) at a U.S. Regional TKD Qualifier tournament will qualify for the U.S. Season Final (Dates and Location TBD).

Sparring and Poomsae athletes that medal (gold, silver, or bronze) at the 2025 U.S. Taekwondo National Championships will qualify for the U.S. Season Final (Dates and Location TBD).

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, WEIGHT CHANGES, BELT CHANGES & BRACKETING

Weigh in times will be scheduled beforehand (see the Schedule on Pages 4, 5 & 6). 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.

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 the same as the official scale, will be provided in the weigh in area as a test scale so that athletes can check before they step 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 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.



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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. Pictures are not allowed in the weigh-in rooms.

Weight Changes and Belt Changes:

All Weight and Belt Changes Must Be Made Before Stepping on The Official Scale. NO EXCEPTIONS.

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 mhammed.bouabdellaoui@mst.org

After the final registration deadline, all weight changes must be made onsite at the Registration Desk. Any weight changes after the final registration deadline will incur a **\$20.00 administrative fee.**

Athletes can change their belt color through the final registration deadline at no additional fee. If an athlete would like to change their belt color before the competition is set to begin, they must email [r mhammed.bouabdellaoui@mst.org](mailto:mhammed.bouabdellaoui@mst.org)

METHOD OF 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 2024 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](#)

Designated Poomsae for the event will be posted on March 1st, 2025.



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BOARD BREAKING & DEMO TEAM

Board Breaking:

Participants may only use purchased boards through MST. Boards will be sold onsite at the event. Athletes 9 years old and younger will use ¼ inch boards, athletes ages 10-14 years old will use ½ inch boards, and athletes 15 years old and older will use 1-inch boards.

[Board Breaking Rules and Divisions](#)

Board Breaking Holders: Athletes are responsible for providing their own board holders. Any board holder who is 18 + must complete the SafeSport Core Training Course through Sport80 prior to receiving their board holder credential. Athletes and/or their board holders can obtain a board holding credential at the Registration Desk on the day of competition for that division. This credential will only be valid for the day of the competition and must be returned to the Registration Desk after the division has been completed.

GENERAL INFORMATION

Event Spectator Tickets: All spectator tickets are purchased onsite at the event, admission stamps will be given out. Cash and Card will be accepted.

TICKET PRICES

ADULT & CHILDREN (6-17)	\$10
CHILDREN 5 & UNDER	FREE



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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.

Creative Events (Board Breaking and Demonstration Team): Medals will be given out to the top 4 athletes for board breaking and the top 4 Demonstration Teams, in their respective divisions in Board Breaking and Demonstration Team.

INDIVIDUAL AWARDS

1ST PLACE

GOLD MEDAL

2ND PLACE

SILVER MEDAL

3RD PLACE

BRONZE MEDAL

3RD PLACE

BRONZE MEDAL

