



CA STATE
TKD CHAMPIONSHIP
2025

MARCH
28-30

FRESNO CONVENTION CENTER
SELLAND ARENA
700 M STREET
FRESNO, CA 93721

WWW.CATKD.ORG

DOUBLE TREE BY HILTON HOTEL
FRESNO CONVENTION CENTER



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2024 Binationals, Tijuana, Baja California, Mexico CUTA Youth, Cadet & Junior Team, Took First Place



2024 CUTA States Referees Fresno, CA



2024 CUTA States Coaches Fresno, CA

GENERAL INFORMATION

EVENT CONTACT

cutastates@gmail.com

COMPETITION VENUE

Fresno Convention Center Selland Arena
700 M Street
Fresno, CA 93721

CHECK-IN & WEIGH-IN

Double Tree Hilton Hotel & Conference Center
2233 Ventura St.
Fresno, CA 93721

EVENT SPECTATOR TICKETS

Children (5 & younger)	Single Day Pass (6+ years)
Free	\$25

VENUE INFORMATION & BAG POLICY

Guest Info - Fresno Convention Center (<http://bit.ly/2uMVdLf>) - City of Fresno rules & regulations.

COMPETITOR REGISTRATION

ALL participants MUST register at <https://catkd.org/events/>.

*Competition age based on calendar year (for example: cadet 12-14 born in 2011-2013).

NO REFUNDS will be given for any reason.

COACH REGISTRATION

All coach registrations must take place on the <https://catkd.org/events/>.

- You must have Background check and SafeSport current by the event registration deadline. and current all the way to event day.
- All coaches must follow rules and regulations, keep in Martial Arts conduct, and abide by USATKD/PATU/WT rules and regulations. **Must not be named on [USATKD Suspension List](#).**

OUR PRIORITY IS THE SAFETY OF ALL OUR ATHLETES.



COMPETITION REGISTRATION FEES &

DEADLINES

Events	Ages	Belts
Poomsae	All Ages	All Ranks
Grassroots Poomsae	All Ages	Black Belts Only
Sports Poomsae	Youth, Cadet, Junior, U30, U40, U50, U60, U65, O65	Black Belts Only
Pair Sports Poomsae	Youth, Cadet, Junior, U30, U50, U60, O60	Black Belts
Team Sports Poomsae	Youth, Cadet, Junior, U30, U50, U60, O60	Black Belts
Freestyle Individual & Pair	U17, O18	Black Belts
Sparring	All Ages	All Belts
Grassroots Sparring	12-32	Black Belts
World Class Sparring	12-32	Black Belts

ATHLETES

Registration Type	Tournament Registration	Registration Close Dates 2025	Add Event: Sparring or Poomsae
Early Bird	\$115	January 27	\$25
Regular	\$125	February 21	\$35
Late	\$135	<i>March 17</i>	\$55

In order to register, make sure you choose the correct age (date of birth) and you must choose a rank (Color Belt) to let you choose a division and let you make a payment.

Payments must be made by registration due dates. If registration is not finalized by March 17, 2025. Any changes or add on after March 17 there will be a \$30 cash fee at credential pickup.

COACHES

Early Registration	Early Registration Deadline	Regular Registration	Early Registration Deadline	Final Registration	Final Registration Date
\$45	January 27, 2025	\$55	February 21, 2025	\$75	March 10, 2025

COACHES - Coaches must have current and up-to-date Safe Sport Training and Background Check in order to participate. NO ONSITE REGISTRATION. Any changes or add on after March 10 there will be a \$30 cash fee at credential pickup.

Referee

Register	https://catkd.org/events/	Final by February 28
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EVENT SCHEDULE

2025 CALIFORNIA STATE TAEKWONDO CHAMPIONSHIPS EVENT SCHEDULE

Friday, March 21, 2025		
6:00 pm	Designated Poomsae Published	CUTA Website (https://catkd.org)
Saturday, March 22, 2025		
12:00 pm	Coach Meeting (sparring first then poomsae 12:30PM)	Via Zoom & will be posted on CUTA's YouTube

Friday, March 28, 2025		
Poomsae Grassroots All Poomsae	Poomsae World Class: All World Class Poomsae and Freestyle (Individual & Pair only)	
TIME	DESCRIPTION OF EVENT	LOCATION
10:00am - 2:00pm 4:00pm - 7:00pm	Coaches check-in & credential pickup. (Coach must pick up with valid ID; credentials)	Double Tree Hilton Hotel
10:00am - 11:00am	Check-in Poomsae Competitors Only	Double Tree Hilton Hotel
11:00am - 3:00pm	Poomsae & Sparring check-in & Weigh-in for all Saturday Sparring Competitors	Double Tree Hilton Hotel
4:00pm- 6:00pm	Participant check-in & Weigh-in for all Saturday Sparring Competitors	Double Tree Hilton Hotel
COMPETITION INFO		
11:00am	Doors to arena open	Selland Arena
12:00pm	Competition Starts for Sport Poomsae	Selland Arena
3:00pm	Competition Starts for Grassroots Poomsae Full schedule posted day of event CUTA website	Selland Arena
All SATURDAY participants must Check-in AND or Weigh-in by Friday 6:00 pm		
Schedule subject to change without notice.		
If you compete on Sunday but want to enter the event venue another day, you must come to check-in to pick up your venue access during open hours.		

Saturday, March 29, 2025

Sparring:

Color Belts: All ages

Black Belts all grassroots Dragons (6-7), Tigers (8-9),

All Ultra (33 & over), All Grassroots (Cadet)

TIME	DESCRIPTION OF EVENT	LOCATION
8:00am	Arena Doors Open	Selland Arena
9:00am	Sparring 6 & 7 year old 18 & Older	Selland Arena Staging Area
9:00am	Coach credentials pick up	Double Tree Hilton Hotel
10:00am – 12:00pm 1:00pm – 3:00pm	Coach credentials pick up, check-in & weigh-in for all Sunday Competitors	Double Tree Hilton Hotel
9:30am	Competition Starts	Selland Arena
To Be Posted	Schedule to be posted for rest of category and divisions	CUTA Website & Facebook

All SUNDAY Sparring Competitors must check-in AND weigh-in by 4:00 pm.

Schedule subject to change without notice.

Sunday, March 30, 2025

Sparring:

Black Belt Sparring: Youth (10–11)

Black Belt Sparring World Class:

Cadet (12-14), Junior (15-17), Senior (18-32) World Class

TIME	DESCRIPTION OF EVENT	LOCATION
8:00am	Arena Doors Open	Selland Arena
9:00am	Youth Male & Female, Sr Male & Female	Staging
9:30am	Competition Starts	Selland Arena
To Be Posted	Sparring Schedule will be posted night before event <u>by bracket number</u>	CUTA Website & Facebook

Schedule subject to change without notice.

EVENT REGISTRATION

REGISTRATION HELP CONTACT (make sure you have entered your rank; World Class update your citizenship)

Michael Newman - mnewman@usatkd.org

CHECK-IN & WEIGH IN

Double Tree Hilton Hotel & Conference Center
2233 Ventura St.
Fresno, CA 93721

ALL COMPETITORS must check-in at registration for credential pick-up the **day before** their competition to be included in their division brackets. Poomsae must check in first then head to competition venue.

CHECKLIST

Completing all items on this list will help ensure a speedy check-in and weigh-in process at the 2025 California State Taekwondo Championships.

- Ensure you registered online & input your correct weight and belt (rank)
- NO ONSITE registrations will be allowed.
- A valid form of ID: ID, U.S. Birth Certificate, U.S. Passport Book or Card, School ID or Report Card, Valid Driver's License or Government Issued ID, or Military ID.
- Sparring competitors: bring appropriate attire - refer to "Weigh-In Rules."
- Bring payment if required: cash or credit/debit only. No Checks.
- Coaches must pick up during credential pick up times ONLY, no exceptions.

WEIGH-IN RULES

Weigh-In is MANDATORY for ALL SPARRING COMPETITORS, DAY BEFORE YOUR EVENT.***

- ALL sparring competitors MUST weigh-in the **DAY BEFORE** the scheduled competition. A maximum of two (2) weigh-ins are allowed per athlete. The 2nd weigh-in must occur before registration is officially closed.
- Contestants are required to show a valid form of ID to weigh-in.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- ***There is a \$30 any change fee cash only.***
- ******NOTE:*** Weigh-ins, for both males and females, shall be done in athletic clothing. Athletes of all ages, will be given a 0.5 kg allowance from the weight on the scale. ***Under NO circumstance may an athlete weigh-in in the nude in the U.S. No sports bras or crop tops for females, and males must wear a T-shirt.***



COACH REQUIREMENTS

In addition to the coach's attire and conduct requirements as outlined in the rules, there will be the following requirements:

- All coaches must have completed Background check and SafeSport before you can register for the event, and must be current up to the event date. Anyone that registered after close of registration will generate a \$30 cash fee at credential pick up.
- Coach courtesy hold and match management
 - First-round we will make accommodations for coaches with multiple athletes in separate rings
 - Due to the scale and scheduling of this event, referees will be instructed to hold matches for a maximum of **one minute** prior to starting the match
 - Once the division brackets and match orders are set by officials, 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
 - Follow all Coaches rules & Regulations
 - Have current event credential

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



AWARDS

SPARRING

California Medals will be given out to the top 4 athletes in their respective divisions and weight categories: 1st Place, 2nd Place, 3rd Place and 3rd Place.

POOMSAE

California Medals will be given to the top 4 athletes in each division: 1st Place, 2nd Place, 3rd Place and 3rd Place.

Grassroots

All grassroots division will be NON USATKD NATIONAL Qualification divisions

SPARRING DIVISIONS

We will use USATKD rules and regulations, best 2 of 3 rounds will be criteria used for sparring. for both poomsae and sparring

FEMALE SPARRING AGE DIVISIONS & WEIGHT CATEGORIES

U= Under, O=Over

CATEGORY	AGE DIVISION	BELT	DIVISION	WEIGHT CLASS
DRAGON	6-7	YELLOW, GREEN, BLUE, RED & BLACK	U19, U23, U27 & O27	FIN, LIGHT, MIDDLE, HEAVY
TIGER	8-9	YELLOW, GREEN, BLUE, RED & BLACK	U21, U25, U30 & 30	FIN, LIGHT, MIDDLE, HEAVY
YOUTH	10-11	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & 40	FIN, LIGHT, MIDDLE, HEAVY
CADET	12-14	YELLOW, GREEN, BLUE, RED & BLACK	U29, U33, U37, U41, U44, U47, U51, U55, U59, O59	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE, MIDDLE, LIGHT HEAVY, HEAVY
JUNIOR	15-17	YELLOW, GREEN, BLUE, RED & BLACK	U42, U44, U46, U49, U52, U55, U59, U63, U73, O73	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE, MIDDLE, LIGHT HEAVY, HEAVY
SENIOR	17-32	YELLOW, GREEN, BLUE, RED & BLACK	U46, U49, U53, U57, U62, U67, U73, O73	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE
ULTRA	U45, O45	YELLOW, GREEN, BLUE, RED & BLACK	U49, U57, U67, O67	FIN, LIGHT, MIDDLE, HEAVY

MALE SPARRING AGE DIVISIONS & WEIGHT CATEGORIES

U=Under, O=Over

CATEGORY	AGE DIVISION	BELT	DIVISION	WEIGHT CLASS
DRAGON	6-7	YELLOW, GREEN, BLUE, RED & BLACK	U19, U23, U27 & O27	FIN, LIGHT, MIDDLE, HEAVY
TIGER	8-9	YELLOW, GREEN, BLUE, RED & BLACK	U21, U25, U30 & 30	FIN, LIGHT, MIDDLE, HEAVY
YOUTH	10-11	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & 40	FIN, LIGHT, MIDDLE, HEAVY
CADET	12-14	YELLOW, GREEN, BLUE, RED & BLACK	U33, U37, U41, U45, U49, U53, U57, U61, U65, O65	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE, MIDDLE, LIGHT HEAVY, HEAVY
JUNIOR	15-17	YELLOW, GREEN, BLUE, RED & BLACK	U44, U48, U51, U55, U59, U63, U68, U73, U78, O78	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE, MIDDLE, LIGHT HEAVY, HEAVY
SENIOR	17-32	YELLOW, GREEN, BLUE, RED & BLACK	U54, U58, U63, U68, U74, U80, U87, O87	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LIGHT MIDDLE
ULTRA	U45, O45	YELLOW, GREEN, BLUE, RED & BLACK	U58, U68, U80, O80	FIN, LIGHT, MIDDLE, HEAVY



SPARRING MATCH FORMAT

Best of 3 System (win by rounds) shall be followed for all matches

APPLICATION OF HEAD CONTACT RULES FOR CALIFORNIA STATE			Duration of Rounds Round - Times - Rest
Age	Belt Color	Applicable Rules	
Dragon 6 - 7 years	Yellow	No Head Contact	All Divisions Three - 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Tigers 8-9 years	Yellow	No Head Contact MHC	All Divisions Three - 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Youth 10 - 11 years	Yellow	No Head Contact MHC	All Color Belts Three - 60 seconds - 30 seconds rest All Black Belts Three - 60 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Cadet 12 - 14 years	Yellow	MHC Senior Rules	All Divisions Three - 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	World Class Black		
Junior 15 - 17	Yellow	MHC Senior Rules	All Color Belts Three - 60 seconds - 30 seconds rest World Class Black Belts Three - 90 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	World Class Black		
Senior	Yellow	MHC Senior Rules	All Color Belts Three - 60 seconds - 30 seconds rest World Class Black Belts Three - 90 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	World Class Black		
Ultra	Yellow	MHC	All Belts Three - 60 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
12-32	Black Belt Grassroots	MHC	Three - 60 sec. 30 sec rest

Modified Head Contact (MHC) was previously known as Junior Safety Rules (JSR)

*** CUTA reserves the right to modify the number of rounds at their discretion. ***

Modified Head Contact (MHC) Rules: *Attacks to the head with light contact are allowed.* The Referee will penalize the athlete for excessive contact. The referee can decide the winner of RSC (Referee Stop Contest) in case of a significant difference of competing ability between two athletes.



Team Trials

CUTA Team Trials this year will again take place during our State Championship. This 2025 California State Championship will be team Trials for sparring Black Belts youth, World Class Cadet, Jr and sr (18-32 year old) that compete on Sunday only) only. We will not have a CUTA Poomsae team selection this year.

Gold medalist at this 2025 California States Championship from divisions of categories mentioned above, will win a CUTA Team spot. Silver medalist will be runner up followed by the bronze medalist.

CUTA Team members that represent us

POOMSAE INFORMATION

(Designated Poomsae will be posted on CUTA Website March 21, 2025)

INDIVIDUAL COLOR BELT



Consists of 1 Male or 1 Female with belts from WHITE TO RED for the following age divisions: Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Juniors (15-17), Senior (U30, U40, U50, U65, O65)

Belt	Compulsory Poomsae	
Yellow Belts	Taegeuk 1	Taegeuk 2
Green Belts	Taegeuk 3	Taegeuk 4
Blue Belts	Taegeuk 5	Taegeuk 6
Red Belts	Taegeuk 7	Taegeuk 8

RECOGNIZED SPORT POOMSAE

INDIVIDUAL POOMSAE

Consists of 1 competitor for the following age divisions: Cadet (12-14), Juniors (15-17), U30 (18-30), U40 (31-40), U50 (41-50), U60 (51-60), U65 (61-65) & O65 (66+)

PAIRS POOMSAE (CO-ED)

Consists of 1 Male and 1 Female competitors for the following age divisions: Youth (10-11), Cadet (12-14), Juniors (15-17), U30 Pairs (18-30), U50 (31-50), U60 (51-60) & O60 (61+) Pairs Poomsae.

TEAM POOMSAE

Consists of 3 competitors of the same gender for the following age divisions: Youth (10-11), Cadet (12-14), Junior (15-17), U30 Team (18-30), U50 (31-50), U60 (51-60) & O60 (61+) Team Poomsae.

METHOD OF COMPETITION - INDIVIDUAL

Preliminary Round (20+ athletes)

The preliminary round will follow the cut-off method, where each athlete will perform one (1) pre-published Poomsae randomly drawn from the compulsory Poomsae table below, and published on **March 21, 2025**. The top 50% ranked by score will proceed to the semi-finals round in random order.

Semi-Finals Round (9-19 athletes)

The semi-finals round will follow the cut-off method, where each athlete will perform one (1) pre-published Poomsae randomly drawn from the compulsory Poomsae table below, and published on **March 21, 2025**. The top 8 ranked by score will proceed to the finals round with ranked seeding (see below).

Finals Round (8 or fewer athletes) [NEW]

The finals round will be run as a **single elimination bracket**, seeded by ranking from the semi-finals round, using the new WT **side-by-side** Poomsae format. The finals round will be split into **three (3) sub-rounds**:

- Round of 8 (Quarterfinals)
- Round of 4 (Semi-finals)
- Round of 2 (Finals)



For each of the sub-rounds, two (2) random Poomsae will be drawn from the compulsory Poomsae as the athletes enter the ring. After both Poomsae have been performed, the winner of the bout will be decided by the sum of the two Poomsae scores.

Side-by-Side Competition Format

- At the end of the semi-final round, the brackets shall be published at the ring and made available online.
- For each match, two contestants shall report to the ring and be assigned as *Chung* (top of the match bracket) or *Hong* (bottom of the match bracket) contestant.
- The coordinator shall:
 - Summon the contestants to their mark with the commands: *Chung, Hong, Chool-jeon* to
 - Direct the contestants to bow with the commands: *Cha-ryeot, Kyeong-rye*.
- The computer operator shall:
 - Publish the random designated poomsae draw from the compulsory poomsae list.
 - One poomsae at-a-time shall be shown. This process will happen twice per match.
- The coordinator shall:
 - Begin the match: *Joon-bi, Shi-jak*.
- At the end of the contestant performances, the coordinator shall:
 - Call the contestants to return to the ready position with: *Baro, She-uh*, and:
 - **1st form** — Dismiss the contestants, and command the judges to publish their scores with the commands: *Tuae-jang, Pyo-chul*
 - **2nd form** — Bow-out the contestants (*Cha-ryeot, Kyeong-rye*), command the judges to score (*Pyo-chul*), prompt the athletes to bow to each other (*Cha-ryeot, Kyeong-rye*) — the athletes should return to face forward on their own, declare the winner (*Chung/Hong Seung*), and then dismiss the contestants (*Tuae-jang*)

METHOD OF COMPETITION - PAIR & TEAM

All rounds for Pair & Team Recognized Sport Poomsae competition will follow the cut-off method:

- Preliminary Round (20+ athletes)
- Semi-Finals Round (9-19 athletes)
- Finals Round (8 or fewer athletes)

Age	Individual Compulsory Poomsae
Youth	Taegeuk 2, Taegeuk 3, Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo
Cadet	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek
Junior	Taegeuk 5 , Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon



U30	<u>Taegeuk 7</u> , Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, <u>Jitae</u>
U40	
U50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65	
O65	

Age	Pair and Team Compulsory Poomsae
Youth	Taegeuk 2, Taegeuk 3, Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo
Cadet	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, <u>Taebaek</u>
Junior	<u>Taegeuk 5</u> , Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, <u>Pyongwon</u>
U30	<u>Taegeuk 7</u> , Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, <u>Jitae</u>
<u>U50</u>	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
<u>U60</u>	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
<u>O60</u>	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Red text represents changes made to WT Individual Compulsory Poomsae in June & September 2024 ([link](#))
Blue text represents new age divisions added to the WT Poomsae Competition Rules in June 2024 ([link](#))

REGISTRATION

Ensure competitors are registered for ALL events they plan on participating in by the time registration closes. NO ONSITE registrations will take place. Meaning, if you plan on competing in a Team or in Pairs, but one (1) member did not register, your team or pair will be disqualified.

***2025 California State Taekwondo Championships will not have Dragon & Tiger Pairs Poomsae, or Color belt Co-Ed Pairs.**

POOMSAE PRE-COMPETITION REQUIREMENTS

Athletes competing in Recognized Poomsae Pairs, Recognized Poomsae Teams, and all have additional pre-competition requirements to ensure smooth competition. Pairs and Teams are required to report their team membership. You will need a Google account (e.g. a Gmail account) to access the form. Use your web browser to go to



<https://forms.gle/VPLYx8W8qEtH6jFRA> or use your phone camera on the QR code on the right and choose to go to the Google Form in your web browser.

FREESTYLE MUSIC REVIEW AND APPROVAL

All Freestyle athletes must upload their edited music files using the Google Form linked below by Friday, March 14, 2025. Freestyle pairs and teams must also declare their pair or team membership using the same Google Form linked below. Athletes that do not have approved music at the time of their competition will be disqualified.



You will need a Google account (e.g. a Gmail account) to access the form. Use your web browser to go to <https://forms.gle/J13Np9zBJM8UAsvu6> or use your phone camera on the QR code on the left and choose to go to the Google Form in your web browser.

Music must be edited to 90-100 seconds and shall not contain lyrics or spoken words in any language. The music file cannot be more than 10 MB in size, and MP3 format is preferred.

After submission, you will receive an approval code or request to resubmit within 1-2 business days. Approval codes will be issued for each individual, pair, or team, so even if the music file is the same for multiple athletes, please request approval for each individual, pair, or team. Please upload your music early, in case resubmission is required, to ensure your music is ready for your competition time.

FREESTYLE RULE CHANGES

There have been huge changes in Freestyle; the TOC has chosen the individual competition format because it is the most popular and the least changed. Among the changes include:

- The skill *Jumping Front Kicks* is now *Multiple kicks in the Air*, and the scoring criteria is now the number of types of kicks (e.g. front, side, round)
- The skill *Consecutive Sparring Kicks* now must have
 - At least 3 bounces in-place (no moving or changing directions) or a SCORE OF 0 shall be given
 - More than 5 bounces results in lower presentation
 - 7-10 kicks
 - Fewer than 7 kicks shall result in a SCORE OF 0
 - Double kicks → counts as 1 kick; Triple kicks → counts as 2 kicks
 - More than 10 kicks shall be considered for presentation (but at the risk of crossing the boundary line)
 - Cannot include acrobatic kicks or spinning kicks >360°: -0.3 deduction otherwise
 - Techniques that emulate 1:1 sparring (not multiple opponents)

COMPETITION EQUIPMENT

OFFICIAL SPARRING UNIFORM (DOBOK)

- All contestants must wear a white Taekwondo V-neck PATU/WT uniform (dobok) in good condition.
All competitors may wear black taekwondo pants for any division (NEW as of 2024).



- Black belts must wear black-collared uniforms.
- Poom rank (14 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.
- No tape will be allowed on any part of the uniform.



White V-Neck
Color Belts



Poom V-Neck
Black Belts U14



Black V-Neck
Black Belts

OFFICIAL POOMSAE UNIFORM (DOBOK)

- All contestants must wear a white Taekwondo V-neck PATU/WT approved uniform or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants' division.
Contestants may also wear black taekwondo pants for any division (NEW as of 2024).
- Black Belts must wear black-collared white uniforms or WT approved Poomsae competition uniform.
- Only black belt athletes 14 and under may wear a poom belt. Also, if an athlete wears a poom collar uniform they must wear a poom belt.
- Color belts may not wear black-collared uniforms.

DAEDO PSS & PROTECTIVE EQUIPMENT



GEN 2

DAEDO SOCKS - REQUIRED FOR ALL



GEN 2



CUTA Sponsor Truescore/Daedo will be at the event selling socks. To purchase socks before the event, visit <http://bit.ly/3aTqDQI>. You can also call Truescore at 510-556-5516 (option 1) or email karina@truescore.com.

FOREARM GUARDS - REQUIRED



SHIN GUARDS - REQUIRED



HAND GLOVES - RECOMMENDED FOR ALL BLACK BELT DIVISIONS, REQUIRED FOR BLACK BELT WORLD CLASS YOUTH, CADET, JUNIOR & SENIOR COMPETITORS



HEADGEARS - REQUIRED FOR ALL COMPETITORS

BRING YOUR OWN HEADGEAR. We will use an electronic headgear adaptor that inserts on top of your own helmet for sanitary reasons. White, red, or blue Helmets - blue or red must match hogu color. Headgear must be in good condition, i.e. not have any cracks and must strap securely to the head.



MOUTHGUARD - REQUIRED (Any color except RED)

Athletes with dental braces must wear special dentist-prescribed mouthguards for braces, that cover both upper and lower teeth, along with a note for clearance-to-compete from their dentist.

[Effective 2024 USATKD National Championships, mouth guards may be clear or white only.](#)



FEMALE & MALE PROTECTORS - REQUIRED



**#CUTA and #2025CUTASTates in preparation for the
2025 CUTA State Championship.
We'll see you in Fresno!
Thank you!**