



★ 2026 ★
**WASHINGTON STATE
CHAMPIONSHIP**



APRIL 25-26

USATWASHINGTON.COM



**USA TAEKWONDO
WASHINGTON**

St. Martin's University Pavilion - Olympia, WA
Register At: usataekwondo.sport80.com



WELCOME!

Dear Taekwondo Family,

Welcome to the 2026 USAT Washington State Championship. I want to acknowledge the athletes, coaches and their supporters for all your perseverance and commitment to taekwondo. Thank you to the officials and volunteers who have given their time and energy to the success of this event.

Good Luck to all.

Sincerely,
Master Jason Lee
USAT WA President



EVENT POINTS OF CONTACT

State Association: USA Taekwondo Washington

Tournament Director: Master Angie Lee

(360) 459-3661
usatwashington@gmail.com

www.usatwashington.com
www.facebook.com/usatwashington



SANCTIONED BY

USA Taekwondo

USATKD.ORG

Ranking: US 12.0



GOVERNANCE

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

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>

VENUE

St. Martin’s University Marcus Pavilion

5300 Pacific Ave SE
Lacey, WA 98503



LODGING

Hampton Inn & Suite of Olympia
4301 Martin Way E.
Olympia, WA 98516



EVENT SPECTATOR TICKETS

| Ticket Pricing | |
|--------------------|---------|
| Event Ticket | At-Door |
| One Day Event Pass | \$15.00 |
| Children 2 & Under | Free |

SCHEDULE

Weigh-In and Registration:

- All sparring competitors must weigh-in the day before the competition
- Athletes only competing in Poomsae (Form), Breaking and Demo do not need to weigh-in but must still check-in day before competition and pick up their credentials. No Same day credential pickup.
- Competitor may change weight on-site during weigh-in day. But must do so before stepping on the official weigh-in scale and must pay the \$50.00 administrative fee before weight category is changed.

Friday, April 24, 2026

| Credential Pick-Up | | All Competitors All Referees All Coaches |
|--|----------------------|--|
| REPORT TIME | DESCRIPTION OF EVENT | LOCATION |
| 1:00pm - 6:00 pm PST | Credential Pick-Up | U.S. Martial Arts Center – Olympia |
| 1:00pm - 6:00 pm PST | Weigh In | U.S. Martial Arts Center – Olympia |
| | | |
| ALL POOMSAE, BOARD BREAKING, DEMO ATHLETES NEED TO PICK UP CREDENTIALS DAY BEFORE COMPETITION | | |

All Times subject to change. Final Schedule will be posted after registration deadline.

SCHEDULE

Saturday, April 25, 2026

Board Breaking
 Pairs / Team Poomsae
 Individual Poomsae
 Demonstration Team
 Color Belt Senior, All Ultra & Dragon Sparring

All Ages

| REPORT TIME | DESCRIPTION OF EVENT | LOCATION |
|----------------------|--|--------------|
| 10:00am - 4:00pm PST | Weigh In | SMU Pavilion |
| 9:00am - 4:00pm PST | Sparring & Coach Credential Pick up | SMU Pavilion |
| 9:00am PST | Board Breaking | SMU Pavilion |
| 10:00am PST | Pairs/ Team Poomsae / Freestyle | SMU Pavilion |
| 10:30am PST | Individual & Traditional Poomsae | SMU Pavilion |
| 12:00pm PST | Welcome Ceremony / Lunch Break | SMU Pavilion |
| 1:00pm PST | Individual & Traditional Poomsae Continued | SMU Pavilion |
| 2:00pm PST | Demonstration Team | SMU Pavilion |
| 2:30pm PST | Color Belt Senior, All Ultra and All Dragon Sparring | SMU Pavilion |

Sunday, April 26, 2026

Sparring

All Ages

| REPORT TIME | DESCRIPTION OF EVENT | LOCATION |
|-------------|--------------------------------|--------------|
| 8:30am PST | Coaches Meeting | SMU Pavilion |
| 9:00am PST | Junior & Youth Color Belt | SMU Pavilion |
| 10:00am PST | Senior Black Belt | SMU Pavilion |
| 11:30am PST | Cadet Color Belt | SMU Pavilion |
| 12:00pm PST | Welcome Ceremony / Lunch Break | SMU Pavilion |
| 1:00pm PST | All Tiger & Youth Black Belt | SMU Pavilion |
| 1:30pm PST | Cadet Black Belt | SMU Pavilion |
| 3:00pm PST | Youth & Junior Black Belt | SMU Pavilion |

All Times subject to change. Final Schedule will be posted after registration deadline.

REGISTRATION DEADLINES & FEES

COACHES

| CIDP LEVEL | Registration Fee | Registration Deadline |
|----------------------------|------------------|-----------------------|
| Associate Coach or Level 1 | \$65.00 | 04/13/2026 |

Registration for all athletes, coaches, and referees will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline.

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 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, Grand Prix Final, and Grand Slams. 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.

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.

If you need assistance registering for the event, please view a short [video](#) that has been provided. Athletes can still register for the Grand Prix Series event if you are not a USATKD member. Once on the [USATKD Sport80](#) page:

- Click on “Preview Upcoming Events”, located under the login tab.
- Click on the “Enter” tab for the Grand Prix Series registration.
- Answer the question at the bottom of the page and follow the registration instructions within the site.

USA Taekwondo has a NO REFUND policy. **NO REFUNDS** will be given for any reason.

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.

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 in your Sport80 profile. Not having belt information will prevent you from being able to select any events for the Grand Prix Series. 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 Grand Prix Regional, U.S. Taekwondo National Championships, and the Grand Prix Final.

ATHLETES

| Divisions (Sparring, Poomsae, Etc.) | Registration Fee | Registration Deadline |
|--|------------------|-----------------------|
| 1 st Division | \$125.00 | 04/13/2026 |
| 2 nd Division | \$150.00 | 04/13/2026 |
| 3 rd Division | \$175.00 | 04/13/2026 |
| 4 th Division | \$200.00 | 04/13/2026 |
| 5 th Division | \$225.00 | 04/13/2026 |

****Registration Deadlines end at 11:59pm (MDT)****

WEIGH-INS & BRACKETING

SPARRING

Note: (Explanation #1) Not exceeding: 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. (Explanation #2) Over weight: Over 50.00 kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

- 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.
- 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.
- During the weigh-in, the 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. **Under NO circumstances may an athlete weigh-in in the nude in the United States.**

Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY. Athletes will be given 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.

Ultra Divisions (33+ year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) (33-4 and 46+)

| 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 |
| Lt. Middle | Over 53kg & Not exceeding 57kg | Over 47kg & Not exceeding 51kg |
| Middle | Over 57kg & Not exceeding 61kg | Over 51kg & Not exceeding 55kg |
| Lt. 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.

POOMSAE

INDIVIDUAL POOMSAE

| AGE CLASSES | AGE DIVISIONS | BELT COLOR | RANK | COMPETITION TYPE |
|-------------|-----------------|---------------------------|-----------------------------------|--------------------------|
| DRAGONS | 6-7 YEARS OLD | YELLOW, GREEN, BLUE & RED | N/A | MODIFIED WT FORMAT |
| DRAGONS | 6-7 YEARS OLD | BLACK | 1 ST – 9 TH | MODIFIED WT FORMAT |
| TIGER | 8-9 YEARS OLD | YELLOW, GREEN, BLUE & RED | N/A | MODIFIED WT FORMAT |
| TIGER | 8-9 YEARS OLD | BLACK | 1 ST – 9 TH | MODIFIED WT FORMAT |
| YOUTH | 10-11 YEARS OLD | YELLOW, GREEN, BLUE & RED | N/A | MODIFIED WT FORMAT |
| YOUTH | 10-11 YEARS OLD | BLACK | 1 ST – 9 TH | MODIFIED WT FORMAT |
| CADET | 12-14 YEARS OLD | YELLOW, GREEN, BLUE & RED | N/A | MODIFIED WT FORMAT |
| CADET | 12-14 YEARS OLD | BLACK | 1 ST – 9 TH | WT FORMAT |
| JUNIOR | 15-17 YEARS OLD | YELLOW, GREEN, BLUE & RED | N/A | MODIFIED WT FORMAT |
| JUNIOR | 15-17 YEARS OLD | BLACK | 1 ST – 9 TH | WT FORMAT |
| UNDER 30 | 18-30 YEARS OLD | YELLOW, GREEN, BLUE & RED | N/A | MODIFIED WT FORMAT |
| UNDER 40 | 31-40 YEARS OLD | YELLOW, GREEN, BLUE & RED | N/A | MODIFIED WT FORMAT |
| UNDER 50 | 41-50 YEARS OLD | YELLOW, GREEN, BLUE & RED | N/A | MODIFIED WT FORMAT |
| UNDER 60 | 51-60 YEARS OLD | YELLOW, GREEN, BLUE & RED | N/A | MODIFIED WT FORMAT |
| UNDER 65 | 61-65 YEARS OLD | YELLOW, GREEN, BLUE & RED | N/A | MODIFIED WT FORMAT |
| OVER 65 | 66 & OLDER | YELLOW, GREEN, BLUE & RED | N/A | MODIFIED WTF FOR- MAT |
| UNDER 30 | 18-30 YEARS OLD | BLACK | 1 ST – 9 TH | WT FORMAT |
| UNDER 40 | 31-40 YEARS OLD | BLACK | 1 ST – 9 TH | WT FORMAT |
| UNDER 50 | 41-50 YEARS OLD | BLACK | 1 ST – 9 TH | WT FORMAT |
| UNDER 60 | 51-60 YEARS OLD | BLACK | 1 ST – 9 TH | WT FORMAT |
| UNDER 65 | 61-65 YEARS OLD | BLACK | 1 ST – 9 TH | WT FORMAT |
| OVER 65 | 66 & OLDER | BLACK | 1 ST – 9 TH | WT FORMAT |

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

Dragon(6-7), Tiger (8-9), Youth(10-11), Cadet (12-14), Juniors (15-17), 1st Pairs (18-30) & 2nd Pairs (31+)
Pairs Poomsae

| Division | Belt | Rank | Gender | |
|-------------------------------|-------|-----------------------------------|--------|--------------------|
| Dragon (6-7) | Black | 1 st – 9 th | Co-Ed | Modified WT Format |
| Tiger (8-9) | Black | 1 st – 9 th | Co-Ed | Modified WT Format |
| Youth (10-11) | Black | 1 st – 9 th | Co-Ed | Modified WT Format |
| Cadet (12-14) | Black | 1 st – 9 th | Co-Ed | Modified WT Format |
| Juniors (15-17) | Black | 1 st – 9 th | Co-Ed | Modified WT Format |
| 1 st Pairs (18-30) | Black | 1 st – 9 th | Co-Ed | WT Format |
| 2 nd Pairs (31+) | Black | 1 st – 9 th | Co-Ed | WT Format |

State Championships can choose to do Dragon, Tiger and Youth Team Poomsae, but those divisions will not be available at the USATKD Grand Prix Regionals or National Championships.

**State Championships can choose to do color belt CO-Ed Pairs but those divisions will not be available at the USATKD Grand Prix Regionals or National Championships. **

TEAM POOMSAE – 3 COMPETITORS OF THE SAME GENDER

Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Junior (15-17) 1st Team (18-30) & 2nd Team (31+)
Team Poomsae

| Division | Belt | Rank | Gender |
|------------------------------|-------------|-----------------------------------|---------------|
| Dragon (6-7)* | Black | 1 st – 9 th | Female |
| Dragon (6-7)* | Black | 1 st – 9 th | Male |
| Tiger (8-9)* | Black | 1 st – 9 th | Female |
| Tiger (8-9)* | Black | 1 st – 9 th | Male |
| Youth (10-11)* | Black | 1 st – 9 th | Female |
| Youth (10-11)* | Black | 1 st – 9 th | Male |
| Cadet (12-14) | Black | 1 st – 9 th | Female |
| Cadet (12-14) | Black | 1 st – 9 th | Male |
| Juniors (15-17) | Black | 1 st – 9 th | Female |
| Juniors (15-17) | Black | 1 st – 9 th | Male |
| 1 st Team (18-30) | Black | 1 st – 9 th | Female |
| 1 st Team (18-30) | Black | 1 st – 9 th | Male |
| 2 nd Team (31+) | Black | 1 st – 9 th | Female |
| 2 nd Team (31+) | Black | 1 st – 9 th | Male |

State Championships can choose to do Dragon, Tiger and Youth Team Poomsae, but those divisions will not be available at the USATKD Grand Prix Regionals or National Championships.

**State Championships can choose to do color belt Team Poomsae, but those divisions will not be available at the USATKD Grand Prix Regionals or National Championships. **

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 MINTUE |
| TIGER | 8 - 9 YEARS OLD | YELLOW/ GREEN, BLUE/ RED & BLACK | 1 MINUTE | 1 MINTUE |
| YOUTH | 10 – 11 YEARS OLD | YELLOW/ GREEN, BLUE/ RED & BLACK | 1 MINUTE | 1 MINTUE |
| CADETS | 12 - 14 YEARS OLD | YELLOW/ GREEN, BLUE/ RED & BLACK | 1 MINUTE | 1 MINTUE |
| JUNIOR | 15 - 17 YEARS OLD | YELLOW/ GREEN, BLUE/ RED & BLACK | 1 MINUTE | 1 MINTUE |
| SENIOR | 18 - 32 YEARS OLD | YELLOW/ GREEN, BLUE/ RED & BLACK | 1 MINUTE | 1 MINTUE |
| ULTRA | 33+ YEARS OLD | YELLOW/ GREEN, BLUE/ RED & BLACK | 1 MINUTE | 1 MINTUE |

DEMONSTRATION TEAM

| AGE CLASSES | AGE DIVISIONS | BELT COLOR | SET-UP TIME LIMITS | ROUTINE TIME LIMITS |
|-------------|---------------|-----------------|--------------------|---------------------|
| DEMO TEAM | ALL AGES | ALL BELT COLORS | 1 MINUTE | 10 MINUTES |

WEIGH-INS

- 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.
- 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.
- During the weigh-in, the 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. **Under NO circumstances may an athlete weigh-in in the nude in the United States.**
- Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY. Athletes will be given 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.

QUALIFYING FOR NATIONALS

U.S. National Taekwondo Championships Qualification State Championships will qualify athletes for the U.S. National Taekwondo Championships. Athletes that finish in the Top 4 (Gold, Silver, Bronze, Bronze) at a State Championship will automatically qualify for the 2026 U.S. National Taekwondo Championships. If an athlete does not win a gold, silver, bronze, or bronze medal at a state championship the athlete can qualify for the U.S. National Taekwondo Championships through the American Open tournament series. Athletes must be a U.S. Citizen to participate in the world class divisions at the U.S. National Taekwondo 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.

METHOD OF COMPETITION

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

A single elimination format will be applied to all sparring divisions.

All sparring divisions will be seeded using the [USATKD National Rankings sponsored by Tusah](#)

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: <http://www.teamusa.org/USA-Taekwondo/Resources/Dan-Certification-Program>

REGISTRATION CHECKLIST

Completing all items on this list will help ensure a speedy check-in and weigh-in process

- Register for the State Championships through the [USATKD Sport80](#) online registration system.
- Complete registration payment online. In order to receive the early registration price you must pay by the early deadline. If payment is not received by this deadline the system will automatically update to the late fee.
- Upload your proof of Citizenship and/or black belt certification, if required, to your [Sport80](#) profile.
- Upload a picture (headshot only in BMP, GIF, JPEG, PNG, TIFF and file must be under 4MB) to your membership profile. Please do not mail or email a photo.
- If you need assistance registering for the event, please view a short [video](#) that has been provided.

REQUIREMENTS

All participants must be current USA Taekwondo members. All coaches, referees, club owner/instructors 18 and older are required to complete and pass USA Taekwondo background check prior to being a member of USA Taekwondo and registered for USA Taekwondo state sanctioned event (background checks must be completed every two years). Please see the USA Taekwondo website for more details. Additionally, they will be required to view and complete the USOC Safe Sport video before renewing their membership.

- Athletes do not need to provide proof of citizenship or residency for any division at State Championships.
- All coaches must be, at minimum, AC certified within the USATKD CIDP program as well as view the Center for SafeSport Video.

AWARDS

SPARRING

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

POOMSAE

Medals will be given to the top 4 individuals, pairs (co-ed) and teams in the respective divisions.

DEMONSTRATON TEAM

Medals will be given to the top 3 teams, in the respective divisions.

BOARD BREAKING

Medals will be given out to the top 4 athletes, in the respective divisions

EQUIPMENT

SPARRING

All sparring divisions will use Daedo Gen-3 E-foot gear.

- E-Headgear will be used for divisions with head contact.
- Must wear correct uniform according to USAT Rules.
- Must wear correct style of sparring gear according to USAT Rules.

POOMSAE

Must wear correct poomsae uniform according to USAT Rules.

DEMONSTRATON TEAM

Demo Teams will have a 15 person max limit and a 5 person minimum requirement.

- Teams must supply own boards which will be inspected in holding area
- Must wear correct uniforms according to USAT Rules.
- Demonstration Team Rules may differ at USA Taekwondo National Championships

BOARD BREAKING

Athletes will need to purchase boards from USAT Washington for competition on site during credential pickup.

Competition Rules: <https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

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

Safe Sport 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, to include harassment, bullying and improper touching. We will also be providing training for our membership regarding Safe Sport 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

REQUIREMENTS

- There is no on-site registration at any State Championship.
- Athletes do not need to provide proof of citizenship or residency for any division at State Championships

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: <http://www.teamusa.org/USA-Taekwondo/Resources/Dan-Certification-Program>

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 USA Taekwondo Washington (USAT WA) 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 USA Taekwondo Washington 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 and USA Taekwondo Washington 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 and USA Taekwondo Washington may edit my appearance as it sees fit. USA Taekwondo and USA Taekwondo Washington shall have all right, title and interest in any and all results and proceeds from usage of the Footage. USA Taekwondo and USA Taekwondo Washington 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: Courtesy, Integrity, Self-Control, Perseverance, 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