

2025 AMERICAN OPEN



EAST REGION

USA TAEKWONDO

INFORMATION PACKET

MAY 16-18

RICHMOND, VA

GREATER RICHMOND CONVENTION CENTER





WELCOME TO THE 2025 U.S. AMERICAN OPEN EAST

Welcome to the U.S. American Open Tournament Series – an innovation in taekwondo events in the United States for 2025. The U.S. American Open Series is a high quality, professionally produced series of events, consisting of two National Level American Open events.

The American Open Series will serve as a qualifying event for the 2025 U.S. National Taekwondo Championships, to be held in Ontario, California.

Key Points:

All athletes who participate in the U.S. American Open East will be eligible for the U.S. National Taekwondo Championships.

***See Page 10 for World Class Qualification Requirements**

- **All Sparring and Poomsae Athletes who medal at a U.S. American Open will be invited to compete at the 2025 U.S. Season Final.**
- **IMPORTANT: Any athletes who are unable to attend the competition after registration, please fill out the below online form to notify USATKD. This is to have the most accurate division timing for the competition.**

- [WITHDRAWAL FORM](#)

HOST CITY/ACCOMMODATIONS

U.S. American Open East
Greater Richmond Convention Center
403 N 3rd Street
Richmond, Virginia 23219

Hotel Reservations will be through Group Housing at the following link: [American Open East](#)



PROMOTER – EVENT RANKING

Promoter & Sanctioned By:
U.S.A. Taekwondo

Ranking:
16.0



USATKD POINTS OF CONTACT

Christine Strong Simmons

Managing Director of Operations

cssimmons@usatkd.org

Katie Cleveland

Associate Director of Events

kcleveland@usatkd.org

Michael Newman

Events Assistant Manager

mnewman@usatkd.org

Mailing Address:

USA Taekwondo

1 Olympic Plaza

Colorado Springs, CO 80909



TABLE OF CONTENTS

Page 2 ... Introduction, Host City, Event Ranking

Page 3 ... USATKD Points of Contact

Page 4 ... Table of Contents

Page 5-7 ... Schedule of Events

Page 7-8 ... Athlete Registration

Page 9 ... Coach Registration

Page 10-11 ... Qualification Information & Weigh in, Weight Changes, Belt Changes, Bracketing + Seeding

Page 11 ... Method of Competition

Page 12 ... Board Breaking + Demo Team Info

Page 12-13 ... General Information: Spectator Tickets + Medical Information + Awards + Media Release

WEBSITE LINKS

- [How-To-Register as an Athlete](#)
- [How-To-Register as a Coach](#)
- [Method of Competition & Competition Rules](#)
- [Team Trials Pathways and Procedures](#)
- [Dobok & Equipment Standards for 2024 Events](#)
- [Sparring Weight Categories](#)
- [USATKD Kyorugi Head Contact Rules](#)
- [Poomsae Divisions](#)
- [Compulsory Poomsae](#)
- [Designated Poomsae](#)
- [Board Breaking Divisions](#)
- [Demo Team Division](#)



SCHEDULE OF EVENTS

Date	Event	Time	Division
April 24	Registration Deadline	12:00 PM MT	All Divisions
May 12	Designated Poomsae	11:59 PM MT	All Divisions
<u>Tickets Sales Online Only Through Showpass</u>			
Thursday May 15	Virtual Credentials sent via email, no in person check – in required	1 PM – 5 PM	<p style="text-align: center;"><u>Sparring Weigh In Times</u> 1:00 PM – 3:00 PM Cadet Black Belt – Males Only Junior Color Belts 3:00 PM – 5:00 PM Senior All Belts – Male/Female Ultra All Belts – Male/Female</p>
	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Friday athletes must be weighed in by 5 PM		
Friday May 16	Doors Open	8:00 AM	Divisions TBA
	<u>ATHLETES MUST BE IN PRE-STAGING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 8:15 AM)</u>		
	Competition Begins	8:30 AM	<p style="text-align: center;">Division Order TBA After Registration Closes</p> <p style="text-align: center;"><u>Sparring Divisions</u> Cadet World Class – Males Only Junior Color Belts – Male/Female Senior World Class – Male/Female Senior Color Belts – Male/Female Ultra All Belts – Male/Female</p> <p style="text-align: center;"><u>Board Breaking</u> Ultra All Belts – Male/Female Senior All Belts – Male/Female Junior All Belts – Male/Female</p> <p style="text-align: center;"><u>Poomsae</u> Under 30 Color Belts – Male/Female Under 40 Color Belts – Male/Female Under 50 All Belts – Male/Female Under 60 All Belts – Male/Female Under 65 All Belts – Male/Female Over 65 All Belts – Male/Female Over 70 All Belts – Male/Female Pairs Black Belt – Under 30, Under 50, Under 60, Over 60 – Male/Female</p> <p style="text-align: center;"><u>Demonstration Team</u></p>



2025 U.S. AMERICAN OPEN EAST INFORMATION PACKET

Date	Event	Time	Division
Friday May 16	Virtual Credentials sent via email, no in person check – in required	10 AM – 12 PM	<p align="center"> <u>Sparring Weigh In Times</u> 10:00 AM - 12:00 PM Cadet World Class – Female Only Tiger All Belts – Male/Female Junior World Class – Male/Female </p>
	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Saturday athletes must be weighed in by 12 PM		
Saturday May 17	Doors Open	8:00 AM	Divisions TBA
	<p align="center"><u>ATHLETES MUST BE IN PRE-STAGING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 8:15 AM)</u></p>		
	Competition Begins	8:30 AM	<p>Division Order TBA After Registration Closes</p> <p align="center"><u>Sparring</u></p> <p align="center">Tiger All Belts – Male/Female Junior World Class – Male/Female Cadet World Class – Female Only</p> <p align="center"><u>Board Breaking</u></p> <p align="center">Cadet All Belts – Male/Female Tiger All Belts – Male/Female Dragon All Belts – Male/Female</p> <p align="center"><u>Poomsae</u></p> <p align="center">Under 30 Black Belt – Male/Female Under 40 Black Belt – Male/Female Dragons All Belts – Male/Female Youth All Belts – Male/Female Cadet Color Belts – Male/Female Junior Color Belts – Male/Female</p> <p><u>Recognized</u> Teams Black Belt – Youth, Cadet, Junior, Under 30, Under 50, Under 60, Over 60 – Male/Female</p> <p><u>Freestyle</u> Pairs Black Belt – 8-11, Under 17 & Over 18 – Male/Female</p> <p><u>Freestyle</u> Teams Black Belt – 8-11, Under 17 & Over 18 – Male/Female</p>
	Virtual Credentials sent via email, no in person check – in required	10 AM – 12 PM	<p align="center"> <u>Sparring Weigh In Times</u> 10:00 AM – 12:00 PM Dragon All Belts – Male/Female Youth All Belts – Male/Female Cadet Color Belts – Male/Female Para All Belts – Male/Female </p>
Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Sunday athletes must be weighed in by 12 PM			



2025 U.S. AMERICAN OPEN EAST INFORMATION PACKET

Date	Event	Time	Division
Sunday May 18	Doors Open	8:00 AM	Divisions TBA
	<u>ATHLETES MUST BE IN PRE-STAGING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 8:15 AM)</u>		
	Competition Begins	8:30 AM	Division Order TBA After Registration Closes <u>Sparring</u> Dragon All Belts – Male/Female Youth All Belts – Male/Female Cadet Color Belts – Male/Female Para All Belts – Male/Female <u>Board Breaking</u> Youth All Belts – Male/Female <u>Poomsae</u> Tiger All Belts – Male/Female Cadet Black Belts – Individual & Pairs – Male/Female Junior Black Belts – Individual & Pairs – Male/Female Pairs Black Belt – Youth – Male/Female Para All Belts – Male/Female <u>Freestyle</u> Black Belt – 8-11, Under 17 & Over 18 – Male / Female

ATHLETE REGISTRATION

Registration for all athletes will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. **There will not be any onsite registration for athletes.**

2025 U.S. American Open East Registration Deadline:

Registration deadline: April 24, 2025, 12:00 PM, MST

THERE WILL BE NO LATE REGISTRATION.

USATKD HAS A NO REFUND POLICY.

All athletes must register and pay in full by the registration deadline. No exceptions will be made for not completing registration. If you are having trouble registering, please email mnewman@usatkd.org for assistance.

[How-To-Register as an Athlete](#)

Once on the USATKD Sport80 page:

1. Click on “Events”, located on the left-hand side of the Home Page.
2. Search for U.S. American Open East.
3. Click on the “Enter Now” button for the U.S. American Open registration.
4. Click the +Enter button next to the athlete’s 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 photocopy of your black belt certificate must be uploaded into your Sport80 profile.

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

1. Log in to your USA Taekwondo Athlete profile on 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.
5. After completion, within 24 hours it will automatically validate that you completed the training on your Sport80 profile.

World Class Black Belt Athletes:

US Citizenship is NOT required to compete in the World Class Black Belt division at an American Open.

Athlete Event Credentials:

Athletes will receive an event credential via email prior to the start of the tournament from Katie Cleveland, kcleveland@usatkd.org. This virtual credential will be the athlete’s credential for the event.

Athlete Check-In:

Poomsae athletes are automatically checked in for the competition when they receive their Virtual Event Credential. If you have not received your credential, please reach out to mnewman@usatkd.org to resend it.

- **IMPORTANT:** Any athletes who are unable to attend the competition after registration, please fill out the below online form to notify USATKD. This is to have the most accurate division timing for the competition.
- [WITHDRAWAL FORM](#)

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

ATHLETE REGISTRATION FEES

Event Entry Fee	Credit Card Processing Fee	Price Per Division
\$190	\$5	\$30



COACHING REQUIREMENTS AND REGISTRATION

Registration for all coaches will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. There will not be any onsite registration for coaches.

2025 U.S. American East Registration Deadline: April 24th, 2025, 12:00 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
 - To complete the course, [CLICK HERE](#)
- 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: [How to Register as a Coach](#)

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, Final Championships, U.S. American Open, State Championships, and all USATKD Sanctioned Events. 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 and background check (every two years) and complete the U.S. Center for SafeSport Training (Annually). 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	Admin Fee
\$80	\$5



QUALIFICATION

Athletes must have a USATKD membership to participate in a U.S. American Open tournament.

Athletes may attend any or all American Opens throughout a calendar year and earn ranking points.

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.

2025 U.S. Taekwondo National Championships Qualification: All athletes who participate in at least one 2025 U.S. American Open series will qualify to participate in the 2025 U.S. Taekwondo National Championships. Participation is defined as completing registration, weighing in (if sparring athlete), stepping on the mat to compete, and receiving a placement within the division.

IMPORTANT: To register & compete at the U.S. TKD Nationals, United States citizenship documentation is required for the following divisions: World Class Cadet & Junior (Poomsae & Sparring), World Class Senior (Sparring), All Masters (Poomsae).

2025 U.S. Final Championship Qualification: All Sparring and Poomsae Medalists at the American Open Championships will qualify for the 2025 Final Championships in Daytona Beach, Florida.

IMPORTANT: To register & compete at the U.S. TKD Nationals, United States citizenship documentation is required for the following divisions: World Class Cadet & Junior (Poomsae & Sparring), World Class Senior (Sparring), All Masters (Poomsae).

Belt Qualification Rules: All athletes will be eligible to compete at the 2025 U.S. American Open at the current belt in which they hold.

Weight Class Qualification Rules:

All athletes may compete in any belt color or weight category. Athletes may change weight classes prior to the registration deadline of April 24, 2025, at 12:00 PM MST. Any changes after the registration deadline must be made onsite and will be charged a \$50 weight-change fee.

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, WEIGHT CHANGES, & BELT CHANGES

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 calibrated the same as the official scale, will be provided in the weigh in area as a test scale so that athletes can check prior to stepping 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 adult athletes 18 years old and older, 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.**
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.
7. Phones are NOT ALLOWED in the weigh in area unless being used to show virtual credentials. Pictures and/or videos are absolutely not allowed to be taken while in the weigh in area.

Weight, Belt and Division Changes:

All Weight 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 mnewman@usatk.org. After the final registration deadline, all weight changes must be made onsite at the Registration Desk. Any weight changes at the tournament will incur a \$50.00 fee.

Belt and Division Changes:

Athletes can change their belt color or division through the final registration deadline. After the final registration deadline, athletes must compete in the division or belt color they have registered for. **Athletes will not be able to change their belt color or divisions onsite at the competition.**



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 2025 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](#)

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

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

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

Designated Poomsae for the event will be posted on the [USATKD.org](#) website.

BOARD BREAKING & DEMO TEAM

Board Breaking:

Participants may only use purchased boards through Visions USA. 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.

Demo Team:

Demo Team is open to all athletes who meet the age and belt requirements.

- [Demo Team Rules & Division](#)



GENERAL INFORMATION

Event Spectator Tickets: All spectator tickets are purchased online though [Showpass](#). Onsite at the event, admission wristbands will be handed out in exchange for your online ticket confirmation. Wristbands must be worn at all times and are good for the day that they were purchased for. Onsite ticket sales will be sold online only.

TICKET PRICES

Event Ticket	Online Ticket Price
All Weekend Adult Pass	\$56
All Weekend Child Pass	\$41
Single Day (Adult 18+)	\$20
Single Day (Child 6-17)	\$15
All Weekend Senior (65+) Pass	\$47
Single Day Senior (65+)	\$17
Children 5 & under	FREE

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

1 ST PLACE	GOLD MEDAL
2 ND PLACE	SILVER MEDAL
3 RD PLACE	BRONZE MEDAL
3 RD PLACE	BRONZE MEDAL



MEDIA RELEASE

I hereby agree to be filmed, videotaped and photographed, and to have my name, image, picture, likeness, voice and biographical information otherwise recorded, in any media, by USA Taekwondo (USATKD) and its official photographers, film crews and video crews, and by any other entity authorized by USA Taekwondo (the “Footage”).

I hereby grant the USA Taekwondo and its assigns the irrevocable, perpetual, fully paid-up, worldwide right and license to use, and to authorize third parties to use, in all media, the Footage for: (1) news and information purposes, (2) promotion of me and the specific competition(s) in which I compete, (3) promotion of the USA Taekwondo Teams, and (4) promotion of USA Taekwondo (including, but not limited to in videos, blogs, episodes, shows or other promotions distributed digitally through a USA Taekwondo YouTube Channel) without the need to seek any further consent from me.

I acknowledge and agree that the programming in which the Footage is used, and the media through which the Footage is distributed, may contain advertising and sponsorships; provided that, in no event may USA Taekwondo use or authorize the commercial use of the Footage in any manner that would imply my endorsement of any company, product, or service, without my written permission. My permission will not be unreasonably withheld, delayed or conditioned provided that the proposed commercial association does not create sponsor conflicts for me.

USA Taekwondo may edit my appearance as it sees fit. USA Taekwondo shall have all right, title and interest in any and all results and proceeds from usage of the Footage. USA Taekwondo is not obliged to make any use of my performance or exercise any of the rights granted by this Release.