

**Tournament
Director:
Master Givans**



USATKD



Nevada State Championship



Sport Poomsae | Olympic Sparring | Board Breaking

**Faith Lutheran Middle
School & High School**

**2015 S Hualapai Las
Vegas, NV 89117**

Saturday, May 9 2026

**Check in/Weigh in:
Friday, May 8th at venue
5:00pm - 8:00pm**

**For Questions Contact:
702-499-7341
edwardgivans@gmail.com**



**Register on Sport80 by May 8th, 2026
General Admission: \$20**

**Chairman Referees:
International Referees
Master Allen & Master Amy
Contact for referee information:
702-736-7282**

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GENERAL INFORMATION

EVENT CONTACT

edwardgivans@gmail.com

702-499-7341



COMPETITION VENUE

Faith Lutheran Middle School & High School
2015 S Hualapai Way, Las Vegas, NV 89117

CHECK-IN & WEIGH-IN

Faith Lutheran Middle School & High School
2015 S Hualapai Way, Las Vegas, NV 89117

Recommended Hotels Near Venue

- | | | |
|----|--|-----------------|
| 1. | La Quinta Inn & Suites by Wyndham Las Vegas Red Rock
9570 W Sahara Ave. | 1.5 mi
5 min |
| 2. | Red Rock Casino Resort and Spa
11011 W Charleston Blvd | 1.7 mi
6 min |
| 3. | Suncoast Hotel & Casino
9090 Alta Dr. | 2.4 mi
7 min |
| 4. | Element Las Vegas Summerlin
10555 Discovery Dr. | 2.8 mi
8 min |
| 5. | Hampton Inn & Suites Las Vegas - Red Rock/Summerlin
4280 S Grand Canyon Dr. | 3.4 mi
9 min |

EVENT SPECTATOR TICKETS

Children (5 & younger)	Single Day Pass (6+ years)
Free	\$20

We will be accepting CASH and CONTACTLESS FORMS OF PAYMENT (Zelle, Venmo, etc.)

****NO CREDIT or DEBIT CARDS****

REGISTRATION EVENTS, FEES & DEADLINES

Competition Categories

Events	Ages	Belts
Recognized Poomsae (Individual, Pair* & Team**)	All Ages	All Ranks
Traditional Poomsae (Individual, Pair* & Team**)	All Ages	All Ranks
Sports Poomsae (Individual, Pair & Team)	All Ages	Black Belts Only
Freestyle Poomsae (Individual, Pair & Team)	All Ages	Black Belts Only
Para Poomsae	All Ages	All Ranks
Sparring	All Ages	All Ranks
World Class Sparring	12-32	Black Belts Only
Board Breaking	All Ages	All Ranks
Demonstration Team	All Ages	All Ranks

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. **

REGISTRATION HELP CONTACT

Katie Cleveland – kcleveland@usatkd.org

OUR PRIORITY IS THE SAFETY OF ALL OUR ATHLETES.

Registration for all athletes, coaches and referees must be done through your Sport80 profile

Registration must be finalized and payments made by May 4, 2026

USATKD policies: **NO REFUNDS, NO ONSITE REGISTRATION!**

Athletes, coaches and referees aged 18 and older must have up-to-date Safe Sport Training and Background Check in order to participate. (current by the event registration deadline and current all the way to event day)

An instruction video for SafeSport Training can be found here:

[Instruction Video for Center for SafeSport Training](#)

COMPETITOR REGISTRATION

- **VERIFY YOUR RANK AND BELT INFORMATION ON SPORT80 BEFORE REGISTERING!**
- ALL participants MUST register at <https://www.usatkd.org/>. **NO REFUNDS FOR ANY REASON!**
- Competition age based on calendar year (for example: cadet 12-14 born in 2011-2013).

ATHLETES

Registration Type	Tournament Registration	Registration Close	Add Event: Sparring or Poomsae
Regular	\$135	May 4, 2026	\$25

Instructions for registering as an athlete can be found here:

<https://www.usatkd.org/athlete-how-to-register-for-an-event>

COACH REGISTRATION

All coach registrations must take place on <https://www.usatkd.org/>. **NO ONSITE REGISTRATION!**

- You must have a background check and SafeSport
- 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.](#)

COACHES

Registration	Registration Deadline
\$50	May 8, 2026

Instructions for registering as a coach can be found here:

<https://www.usatkd.org/coach-how-to-register-for-an-event>

REFEREES

Register on Sport80

EVENT SCHEDULE

**ALL COMPETITORS (sparring, poomsae, breaking and demo team) MUST CHECK-IN Friday.
If you fail to check in, you WILL NOT be included in the competition brackets!**

Friday, May 8, 2026		
5:00pm-8:00pm	Coach check-in & credential pickup (Coach must pick up with valid ID; credentials)	Faith Lutheran Middle School & High School
5:00pm-8:00pm	Check-in for Saturday Poomsae, Breaking and Demo Team Competitors	Faith Lutheran Middle School & High School
5:00pm-8:00pm	Check-in & Weigh-in for all Saturday Sparring Competitors	Faith Lutheran Middle School & High School

Saturday, May 9, 2026		
8:00AM	Doors Open	Faith Lutheran Middle School & High School
	Full schedule TBD Will be posted Friday night 5/8/2026	Faith Lutheran Middle School & High School

WEIGH-IN RULES

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

- 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 picture ID to weigh-in.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- Weigh-ins, for both males and females, shall be done in athletic clothing or dobok. *No sports bras or crop tops for females, and males must wear a T-shirt.*
- Athletes of all ages will be given a 0.5 kg allowance from the weight on the scale.
- If an athlete fails to make their weight category, they must pay a fee of \$50 and move up to the next category. We will be accepting CASH and CONTACTLESS FORMS OF PAYMENT (Zelle, Venmo, etc. ****NO CREDIT or DEBIT CARDS****)

AWARDS and QUALIFICATION

SPARRING

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

Medals will be given to the top 4 individuals, pairs (co-ed), and teams in the respective divisions: 1st Place, 2nd Place, 3rd Place and 3rd Place. 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.

BREAKING

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

DEMONSTRATION TEAM

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

QUALIFYING FOR NATIONALS

USAT State Championships will qualify athletes for the USAT National Taekwondo Championships. Athletes that finish in the Top 4 (Gold, Silver, Bronze, Bronze) at a State Championship will automatically qualify for this year's USAT 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 USAT 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

METHOD OF COMPETITION and COMPETITION RULES

This competition will be governed by the most current competition rules published by USAT. The following documents are available on the USAT website (<https://www.usatkd.org/usatkd-competition-rules>):

- USATKD KYORUGI RULES
- USATKD KYORUGI HEAD CONTACT RULES - MODIFIED
- USATKD KYORUGI WEIGHT DIVISIONS
- USATKD WEIGH IN RULES
- USATKD EQUIPMENT AND HYGIENE REQUIREMENTS
- TRADITIONAL POOMSAE RULES
- USATKD BREAKING RULES
- USATKD DEMONSTRATION TEAM RULES

COMPETITION RULE CHANGES

The latest USATKD Kyorugi Rule Interpretation Updates can be found here:

<https://www.usatkd.org/usatkd-competition-rules>. In summary:

- Valid turning kicks are awarded double points:
- Turning kick to the trunk protector = 2 × 2 or four (4) points Turning kick to the head = 3 × 2 or six (6) points
- When Daedo Gen 3 PSS and sensing gloves are used, the power of the punch is determined by the PSS and will need to be validated manually by the judge(s) to be scored
- When head PSS, body PSS, and sensing gloves are used, the match may be operated with one judge
- When only one judge is used, superiority is determined by the center referee, review jury and the judge
- Weight categories for all color belts were changed please make sure you select the correct one.
- Less unnecessary Gam-jeons. Although the written rules have not changed, World Taekwondo is strongly emphasizing to referees that Gam-jeons should only be given when absolutely necessary, to facilitate continuous action. In other words, **LET THEM FIGHT!**
- Objective Gam-jeons (e.g. falling down, crossing the boundary line, attacking after Kal-yeo, attacking the fallen opponent) must be given immediately.
- Subjective Gam-jeons (e.g. grabbing, lifting the leg, attacking below the waist, etc.) should be only given when there is a clear impact on the match.

SPARRING INFORMATION

HEAD CONTACT RULES

Age	Belt Color	Applicable Rules
Dragon 6 – 7	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	
Tiger 8 – 9	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	Light Head Contact
Youth 10 – 11	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	Light Head Contact
Cadet (12 – 14)	Yellow	Light Head Contact
	Green	
	Blue	
	Red	
	Black (Grass Roots) Black (World Class) Black (Non World Class)	Full Head Contact
Junior (15 – 17)	Yellow	Light Head Contact
	Green	
	Blue	
	Red	
	Black (World Class) Black (Non World Class)	Full Head Contact
Senior (18 – 32)	Yellow	Full Head Contact
	Green	
	Blue	
	Red	
	Black (World Class) Black (Non World Class)	
Ultra (33+)	Yellow	Light Head Contact
	Green	
	Blue	
	Red	
	Black	

DURATION OF ROUNDS

Rounds – Times – Rest

All Divisions

Three – 60 seconds – 30 seconds rest

All Divisions

Three – 60 seconds – 30 seconds rest

All Divisions

Three – 60 seconds – 30 seconds rest

Color Belts

Three – 60 seconds – 30 seconds rest

Grass Roots Black Belts

Three – 60 seconds – 30 seconds rest

World Class Black Belts

Three – 90 seconds – 30 seconds rest

Color Belts and

Grass Roots Black Belts

Three – 60 seconds – 30 seconds rest

World Class Black Belts

Three – 90 seconds – 30 seconds rest

Color Belts and

Grass Roots Black Belts

Three – 60 seconds – 30 seconds rest

World Class Black Belts

Three – 90 seconds – 30 seconds rest

All Divisions

Three – 60 seconds – 30 seconds rest

POOMSAE INFORMATION

POOMSAE DIVISIONS

RECOGNIZED POOMSAE DIVISIONS

Division		Dragon	Tiger	Youth	Cadet	Junior	Under 30	Under 40	Under 50	Under 60	Under 65	Over 65	Over 70
Age (Years)		6 – 7	8 – 9	10 – 11	12 – 14	15 – 17	18 – 30	31 – 40	41 – 50	51 – 60	61 – 65	66+	71+
Individual	Male	1	1	1	1	1	1	1	1	1	1	1	1
	Female	1	1	1	1	1	1	1	1	1	1	1	1

Division		Dragon & Tiger	Youth	Cadet	Junior	Under 30	Under 50	Under 60	Over 60
Age (Years)		6 – 9	10 – 11	12 – 14	15 – 17	18 – 30	31-50	51-60	61+
Pair		2	2	2	2	2	2	2	2
Team	Male	3	3	3	3	3	3	3	3
	Female	3	3	3	3	3	3	3	3

Notes: Shaded cells are official WT divisions competed at USATKD sanctioned events.
Unshaded cells are USATKD divisions competed in USATKD sanctioned events.

MIXED POOMSAE DIVISIONS

Division		Over 17
Age (Years)		18 years old and over
Individual	Male	1
	Female	1
Pair		2
Team	Male	3
	Female	3
Team (Mixed)		5 (plus 1 substitute, maximum)

FREESTYLE POOMSAE DIVISIONS

Division		Under 11	Under 17	Over 17
Age (Years)		8 – 11 years old	12 – 17 years old	18 years old and over
Individual	Male	1	1	1
	Female	1	1	1
Pair		2	2	2
Team (Mixed)		5 (plus 1 substitute, maximum)	5 (plus 1 substitute, maximum)	5 (plus 1 substitute, maximum)

Notes: Shaded cells are official WT divisions competed at USATKD sanctioned events.
Unshaded cells are USATKD divisions competed in USATKD sanctioned events.

COMPULSORY POOMSAE

COLOR BELT COMPULSORY LIST

Division	Compulsory Poomsae
Yellow (7th & 8th Geup) All ages	Taegeuk 1, 2 Jang
Green (5th & 6th Geup) All ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3rd & 4th Geup) All ages	Taegeuk 3, 4, 5, 6 Jang
Red (1st & 2nd Geup) All ages	Taegeuk 4, 5, 6, 7, 8 Jang

BLACK BELT COMPULSORY LIST

Division		Compulsory Poomsae
Individual	Dragon (6-7)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Tiger (8-9)	
	Youth (10-11)	
	Cadet (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Junior (15-17)	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65	
	Over 65	
Over 70		
Pair	Dragon & Tiger	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Youth	
	Cadet	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Junior	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Over 60	
Team	Dragon & Tiger	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Youth	
	Cadet	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Junior	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Over 60	

NOTE:

Shaded cells are **official WT** divisions competed at USATKD-sanctioned events.

Unshaded cells are **USATKD** divisions competed in USATKD-sanctioned events.

RECOGNIZED POOMSAE

Complete competition rules for Recognized Poomsae, including Freestyle Poomsae can be found here: <https://www.usatkd.org/usatkd-competition-rules>

INDIVIDUAL, PAIR and TEAM

Color Belts (all ages)

Black Belt Dragons (6-7)

Black Belt Tigers (8-9)

- Designated poomsae shall be published no later than 1 week before the event.
- One designated poomsae shall be drawn for each division
- Competition shall be side by side, single elimination, by a show of hands

Youth and Older Black Belt Divisions

- Poomsae shall be drawn in the competition area
- Competition shall be side by side format as described in the USATKD Competition Rules
- Two poomsae shall be drawn for Quarter Final, Semi-Final and Final rounds.
- One poomsae shall be drawn for all other rounds
- Scoring shall be done by an electronic scoring system

IMPORTANT – POOMSAE REGISTRATION

Ensure competitors are registered for ALL POOMSAE EVENTS they plan on participating in by the time registration closes. NO ONSITE REGISTRATIONS will take place, per USAT rules and regulations. In other words, if you plan on competing in a Team or Pair event but one member did not register, your pair or team will be disqualified.

FREESTYLE POOMSAE

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. Other
 - More than 5 bounces results in lower presentation
 - 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)

TRADITIONAL POOMSAE

- The method of competition is single elimination tournament format
- Competitors are matched with opponents randomly
- Competitors perform one form in each round selected by the competitor from the Compulsory List for their division (see below)
- Competitors perform simultaneously
- Traditional Poomsae is scored by each Referee and Judge voting by raising the hand on the side of the Contestant they determined to have the superior performance
- The winning contestant is the contestant who receives the most votes from the Referee and Judges assigned to the match

TRADITIONAL POOMSAE COMPULSORY LIST*

Division	Age	Kukkiwon
Yellow (7th & 8th Geup)	All ages	Taegeuk 1, 2 Jang Palgwe 1, 2 Jang
Green (5th & 6th Geup)	All ages	Taegeuk 3, 4 Jang Palgwe 3, 4 Jang
Blue (3rd & 4th Geup)	All ages	Taegeuk 5, 6 Jang Palgwe 5, 6 Jang
Red (1st & 2nd Geup)	All ages	Taegeuk 7, 8 Jang Palgwe 7, 8 Jang
1st Dan/Poom	All ages	Koryo
2nd Dan/Poom	All ages	Keumgang
3rd Dan/Poom	All ages	Taebaek
4 th Dan/Poom & Up All Ages	Dragon Tiger Youth Cadet Junior	Pyongwon
	Under 30	Pyongwon Shipjin Jitae
	Under 40	Pyongwon Shipjin Jitae Chonkwon
	Under 50 Over 50	Pyongwon Shipjin Jitae Chonkwon Hansu

**Contestants performing a form not on their Compulsory List are disqualified*

Detailed competition rules for
Traditional Poomsae can be found here:
<https://www.usatkd.org/usatkd-competition-rules>

CREATIVE BREAKING INFORMATION

Complete competition rules for Creative Breaking, including samples of the Judge's Score Sheet and the Scorekeeper's Worksheet can be found here:

<https://www.usatkd.org/usatkd-competition-rules>

Male and Female Divisions shall be divided according to age as follows:

Division	Dragons	Tigers	Youth	Cadet	Junior	Senior	Ultra
Age	6 – 7	8 – 9	10 – 11	12 – 14	15 – 17	18 – 32	33+

Judging will be based on three criteria:

Difficulty (30%)	Technical Execution
Number of boards broken (30%)	Technical Execution
Presentation (40%)	Demonstration of Taekwondo Skill & Creativity

Boards must be purchased at the Venue from the on-site vendor

COMPETITION UNIFORM REQUIREMENTS

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 (see below) 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.

Dragon, Tiger, Youth, Cadet		Junior, U30, U40, U50		U60, U65, O65, O70
Male	Female	Male	Female	Male & Female

DAEDO PSS & REQUIRED PROTECTIVE EQUIPMENT

REQUIRED FOR ALL- GEN 3



DAEDO SOCKS

GEN 3 SOCKS REQUIRED FOR ALL



DAEDO E-GLOVES

GEN 3 GLOVES REQUIRED FOR ALL



Gen 3 Socks and Gloves will be available for sale at the event. To purchase before the event, visit

<https://truescore116.corecommerce.com/>

Gen 3 Gloves will be available to rent for \$20. Please inform Staff during check-in if you want to rent gloves, and pay the rental fee. The gloves will be provided at the ring in trade for the coach's credentials, then traded back after the match.

GEN 3 SOCKS WILL NOT BE AVAILABLE FOR RENT

FOREARM GUARDS - REQUIRED



SHIN GUARDS - REQUIRED



HEADGEAR - 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 - CLEAR OR WHITE ONLY

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.



GROIN PROTECTORS - REQUIRED FOR ALL COMPETITORS, MALE & FEMALE

