

2024

MASSACHUSETTS

USATKD

STATE CHAMPIONSHIP



SATURDAY
APRIL 27, 2024



Sparring



Freestyle Poomsae



6+ Intl. Referees



Demo Team



Rec. Poomsae



**Biggest tournament
in New England**



GEN2 DAEDO

For **ALL** sparring
divisions



POOMSAE PRO

For **ALL** poomsae
divisions



QUALIFY

ALL Gold & Silver
medalists qualify for the
National Championships





2024 USATKD Massachusetts State Championships

DATE

Saturday, Apr 27, 2024

No paper registration can be accepted. You must register before the April 18, 2024 deadline.

LOCATION

Northbridge High School
427 Linwood Ave, Whitinsville, MA 01588

SPECTATORS

General admission: \$15
Children 5 and under: Free

WEIGH-IN

Friday, April 26, 2024 at *Northbridge High School, 427 Linwood Ave, Whitinsville, MA 01588*
6:00-8:00PM

CONTACT INFO

Call/Text: (508) 233-3887
Email: usat@masstk.org

Travel/Hotels

There are many hotel options in the area. We suggest Worcester, Auburn, and Westborough Massachusetts.

EVENTS

Sparring
Individual Poomsae
Pair & Team Poomsae
Freestyle Poomsae - individual, pair, team.
Demo Team

REGISTRATION

Online registration only through [USATKD's Sport80 platform](#).

REFEREE CHAIRMAN

Grandmaster Seunghwan Kim

Schedule

A detailed schedule will be available once registration closes on <https://masstk.org/>
A preliminary schedule is available in this packet.



2024 USATKD Massachusetts State Championships

Dear Coaches, Athletes, and Families,

It is our pleasure to invite you to the 2024 USAT Massachusetts State Championships. It will be held on Saturday, April 27 at Northbridge High School in Northbridge, MA. We look forward to hosting this event and hope it serves our taekwondo community in a positive way.

Our goal is to host a world class event, with great judging and well-organized rings. The event will be held in a state-of-the-art facility and facilitated by renowned and certified USAT referees. We are holding nothing back and offering Daedo Gen2 PSS for all sparring, and Poomsae Pro for all poomsae competitions.

Please note that all registration **must** be done online at [2024 Massachusetts State Taekwondo Championship Sport80 Page](#) before the registration deadline, 11:59PM April 18, 2024. There will be no registration accepted after the deadline or paper registration accepted.

USA Taekwondo requires all coaches to: pass **background check**, **be Safesport certified**, be, at minimum, Associated Coach certified (in [kyorugi](#), [poomsae](#), or [both](#)) within the USATKD CIDP, and register online at [2024 Massachusetts State Taekwondo Championship Sport80 Page](#).

Massachusetts Taekwondo Association is a 501(c)3 non-profit organization with a goal of promoting sport taekwondo in our state. We aim to create a community of like minded Masters interested in collaborating with each other and training our students together. Please join us Saturday April 27, 2024 at our event, the 2024 USATKD Massachusetts State Championships.

Best,
Master Taeyoung Kim and Master Rachael Noack

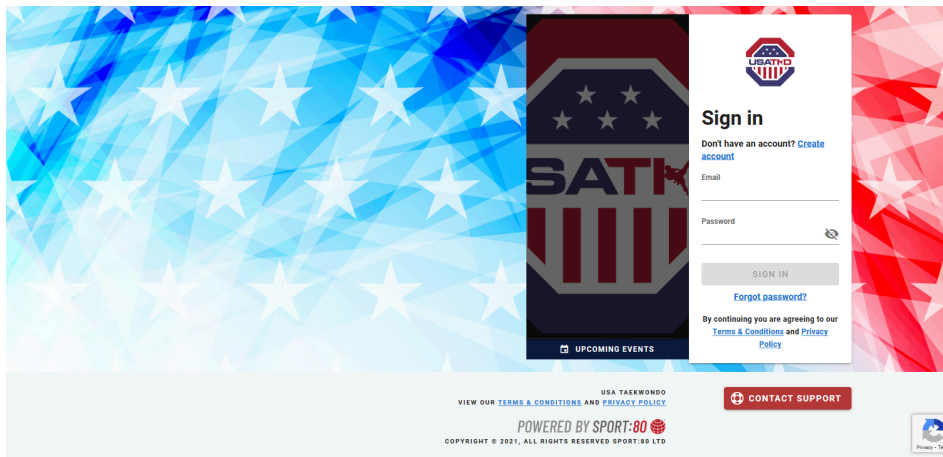


2024 USATKD Massachusetts State Championships

First Time Registering on Sport80

If you would like assistance with registration, we are happy to come in person to your location to help you & your students/coaches. Please reach out to events@masstk.org to schedule a time.

1. Go to <https://usataekwondo.sport80.com/>



Click *Create account*

MASSACHUSETTS USATKD STATE CHAMPIONSHIP

2024 USATKD Massachusetts State Championships

< LOGIN

Register

First Name *
Test

Last Name *
Testing

Email *
test@test.com

Password *

Confirm Password *

- ✓ Password must be at least 8 characters
- ✓ Password must contain at least one lowercase letter
- ✓ Password must contain at least one uppercase letter
- ✓ Password must contain at least one numerical character

Is this account for you?
☒ Yes
☐ No

Gender
☒ Male
☐ Female

Date of Birth *
Month: Jan Day: 01 Year: 1988

* Indicates required field

REGISTER

USA TAEKWONDO
VIEW OUR [TERMS & CONDITIONS](#) AND [PRIVACY POLICY](#)

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CONTACT SUPPORT

Fill in participant's information.

MEMBERS

Members

+ ADD NEW MEMBER

Test Testing
test1111@test.com

ADD

VIEW

USA TAEKWONDO, 1015 GARDEN OF THE GODS ROAD, STE 110, COLORADO SPRINGS, CO 80907
VIEW OUR [TERMS & CONDITIONS](#) AND [PRIVACY POLICY](#)

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CONTACT SUPPORT

Test Testing

Members

Events

Development

Purchase History

Add Club

Click ADD



2024 USATKD Massachusetts State Championships

This is a screenshot of the "Test Testing - Individual Membership" form, step 1/8. The form is titled "Membership Details". It includes a sidebar with a list of sections: Membership Details, Club Info, Personal Details, Address, Additional Information, Disability & Medical Information, and Certification. The main content area shows a dropdown menu for "Membership Type" with options: Individual Membership (U...), Family Additional Member (Under 18), Family Primary Member, Individual Membership (Under 18), Lifetime Membership (Under 18), and TKD Fan. Below this are fields for "Payment Method", "Cost", and "Renewal Period". A "NEXT" button is at the bottom right. The USATKD logo is in the top right corner.

Select the appropriate membership type. Most will be *Individual Membership (Under 18)* or *Individual Membership (Over 18)*

If your dojang is a member club of USA Taekwondo, you will be able to search for it by typing in the name. If you cannot find your dojang, you can select *Unaffiliated*.

This is a screenshot of the "Test Testing - Individual Membership" form, step 5/8. The form is titled "Additional Information". It includes a sidebar with a list of sections: Membership Details, Club Info, Personal Details, Address, Additional Information, Disability & Medical Information, and Certification. The main content area shows a question: "Have you ever served in the US Armed Forces?" with radio buttons for "Yes" and "No". Below this is a "Voting Category" dropdown menu with options: Athlete, Coach, Referee, and Unaffiliated. A "PREV" button is at the bottom left, and a "NEXT" button is at the bottom right. The USATKD logo is in the top right corner.

For **Voting Category**, select the appropriate option. Most will be *Athlete* or *Coach*.

For **coach**, type in your coach's full name.

MASSACHUSETTS USATKD STATE CHAMPIONSHIP

2024 USATKD Massachusetts State Championships

Test Testing - Individual Membership

- Membership Details
- Club Info
- Personal Details
- Address
- Additional Information
- Disability & Medical Information
- Certification

Certification

[Code of Conduct](#)

I understand by checking this box I agree to the terms of this agreement for this minor and agree to ensure they adhere this Code of Conduct and I consent to the terms described above for medical treatment and liability for this minor.

☒ Yes

PREV 8/8

ADD & CHECKOUT ADD

On the last section, check the box for Yes and click **ADD**.

Cart

Item	Quantity	Cost Per Item	Total	Remove
Test Testing - Individual Membership Individual Membership (Under 18) (12 Months) - One Time Payment (02/11/2021 - 02/11/2022)	1	\$55.00	\$55.00	

Total \$55.00


Discount Code

If you click the Cart icon at the top right, it should take you to the checkout where you can finish the registration.

***Athletes must enter their belts by:**



2024 USATKD Massachusetts State Championships



MEMBERS

Tester Testing

Members


Events

Development

Purchase History

Setup Club

Members



Tester Testing
testtesttest@gmail.com

Memb No.

ADD

VIEW

Tester Testing

Members

Events

Development

Purchase History

Setup Club

Tester Testing

Profile

Memberships

USOPC Background Screenings

Center for SafeSport Training

Belts

Competitions

Belts

+ ADD BELT

Search

Belt	Status	Valid From	Exp Date	Type	Actions
No items to show. Added items will appear here.					

Selecting *View*, then *Belts*, +*Add Belt* to add your appropriate belt.



2024 USATKD Massachusetts State Championships

Weigh-In Friday April 26, 2024

A competitor's weight shall be measured on the day prior to the competition.

A competitor's weight may be measured only 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, scales identical to the official one shall be provided at the contestants' place of accommodation or at the arena for pre-weigh-in.

During the weigh-in, the contestant is required to show an ID based on the following:

12 years and older: Passport, Drivers License, Birth Certificate, Social Security Card, GAL, or School ID

11 years and younger: Passport, Drivers License, Birth Certificate, Social Security Card, GAL, School ID, School Report Card, or School Portal

For contestants 17 years old and under (male and female, color belts and black belts), weigh in shall be done in athletic clothing. Under NO circumstances may a contestant weigh-in in underwear, or in the nude, in the United States. There is a weigh-in allowance of 0.2 kilograms to compensate for this requirement.

For contestants 18 years old and older, weigh in shall be done in athletic clothing. However, if a contestant wishes, weigh-in may be done in underpants for male and underpants and bra for female contestants. Under NO circumstances may a contestant weigh-in in the nude in the United States. There is a weigh-in allowance of 0.1 kilograms to compensate for this requirement.

Any irregular action by the competitor, coach or parent during the weigh-in may result in disqualification from tournament participation.

Any belt or weight division changes made for either Poomsae or Kyorugi will result in a \$50 surcharge per action and per event, **cash only**.



2024 USATKD Massachusetts State Championships

Weigh-In Locations:

Northbridge High School (competition venue) 427 Linwood Ave, Whitinsville, MA 01588 6pm-8pm	CT Chung Do Kwan Academy 50 Parum Rd, Colchester, CT 06415 5pm-8pm
NY - TBD	NJ - TBD

*Under no circumstances will athletes be allowed to weigh in the same day as competition



2024 USATKD Massachusetts State Championships

Coach Registration

All coaches are required to hold the appropriate and current USATKD membership prior to the start of the competition. Please see the [How to Register](#) section of the USATKD website for step by step instructions.

All coaches ARE REQUIRED to hold at minimum an Associate Coach (AC) Certification within the USA Taekwondo CIDP program, be a current member, completed the Center for SafeSport training (every year), and taken and cleared the USATKD background check (every 2 years).

Coaches may obtain the AC certification by passing the **Associate Coach Quiz**. The AC Coach Quiz should be completed at **least 5 business days prior** to the State Championship registration deadline to allow for grading. Coaches will also be required to view the **Center for SafeSport Training Video**. The **SafeSport video, background check and Associate Coach Certification must be completed before a coach can register for an event.**

Please note, anyone without those qualifications will not be able to enter the competition floor. **No exceptions will be made.**

USATKD does not allow for onsite registration for coaches!

We encourage coaches to begin this process ASAP as approval for these requirements takes time. If you have any questions please reach out to us at usatk@masstkd.org and mnewman@usatk.org



2024 USATKD Massachusetts State Championships

Athlete Registration

All athletes must fulfill the following criteria in order to compete at the event:

Athletes must have an active USATKD membership to compete in a Sanctioned Event. The membership must be active through the conclusion of the tournament. They must also have a belt listed in their USATKD profile. Please see the [How to Register](#) section of the USATKD website for step by step instructions.

*Athletes 18+ MUST take the Center for Safesport training course, no adult competitors will be able to register without taking this course. This course must be completed every year. If you completed it last year you must complete it again this year.

USATKD uses the date December 31, of the given year (December 31, 2024) to determine the age of all competitors. For example: an athlete turns 10 on November 18, 2024, so they would compete as a 10- year old at this event, even though they are 9 years old at the time of the event for all divisions.



2024 USATKD Massachusetts State Championships

GENERAL RULES

As always, we will follow the [latest rules used by USA Taekwondo](#).

Competition Area

Per USAT regulations, the competition area is open only to the following personnel. Everyone else must watch from the designated spectator areas:

- Registered & certified coaches
- Registered & certified referees
- Registered athletes
- Massachusetts Taekwondo Association staff & volunteers

Your cooperation helps us run a smooth & professional event. Thank you for your support.

Contestant Uniform and Competition Equipment

At USAT-sanctioned competitions, contestants' uniforms and all competition equipment, such as, but not limited to mats, PSS, IVR and protective equipment must be those approved by USATKD.

Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory for both male and female competitors), gloves (required for World Class divisions), forearm protector, shin-instep protectors, Daedo socks, and a mouth guard before entering the Contest Area. The head protector must be firmly tucked under the left arm when entering the Contest Area and shall be put on the head after bowing to the opponent before the start of the contest.

Uniform

All contestants must wear a white Taekwondo V-neck USATKD/WT uniform (dobok) in good condition. Black belts must wear black-collared uniforms. Poom rank (15 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. Black belts must wear the appropriate poomsae uniforms for their division. Please reference the charts in the next pages.

No tape will be allowed on any part of the uniform.



2024 USATKD Massachusetts State Championships

Belt Colors

Only WT/USATKD belt colors will be allowed—black, poom (black and red), red, blue, green, yellow, and white).

- Sparring competitors ONLY: Belts with stripes will be allowed
- Poomsae competitors:
 - Color belts: Contestant **MUST BE A SOLID COLOR BELT**, with a USATKD recognized rank (1st & 2nd Geup Red Belt, 3rd & 4th Geup Blue Belt, 5th & 6th Geup Green Belts, 7th & 8th Geup Yellow Belts). Color belt contestants may only wear a yellow, green, blue or red belt, according to the contestant's Geup rank.



2024 USATKD Massachusetts State Championships

SPARRING RULES

Daedo Gen2 will be used for all divisions, including color belts. All athletes **must provide their own Daedo socks**. Daedo socks will be available for purchase on-site and at the weigh in.

All athletes must have USAT approved gear.

Before entering the contest area, contestants shall wear:

Approved trunk protector

Head protector¹

Groin guard (mandatory for both male and female competitors)³

USATKD/WT-approved Taekwondo gloves (World Class divisions only)

Forearm protector

Shin protectors

Daedo socks

Mouth guard²

The head protector must be firmly tucked under the left arm when entering the Contest Area and shall be put on the head after bowing to the opponent before the start of the contest.

The groin, forearm, and shin protectors must be worn inside the Taekwondo uniform. Wearing of any other items on the head other than head protector shall not be permitted, except for religious reasons. A previously approved religious item shall be worn beneath the head protector and inside the dobok and shall not cause harm or obstruct the opposing contestant.

Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (**including prescribed safety or sport eyeglasses or eye goggles**), necklaces, watches, bracelets, earrings, etc.



2024 USATKD Massachusetts State Championships

Properly fitting Head Protector: All color belt participants must provide their head protector with no markings other than corporate logos. White head protectors may be used. Cracks or defects in the headgear will not be allowed.

World Class Cadet Black Belts (12- 14), Junior Black Belts (15-17) and Senior Black Belts will use the provided electronic head protector, corresponding with the color of the chest protector.

Mouth guard: All athletes are required to use a mouth guard, with a minimum thickness of 3mm. Mouth guards may be **any color except solid red**. Effective 2024 USATKD National Championships, mouth guards may be clear or white only. Use of a mouth guard may be exempted upon submission of a medical doctor's statement that its use might cause harm to the contestant. Athletes with dental braces must wear special mouthguards for braces that cover both upper and lower teeth.

Groin guard: All athletes (male and female) are required to wear a groin guard, which must be inside the pants during competition.

Chest Protector: All athletes will be provided a red and blue full-body WT trunk protector. Both players must use the same size PSS.

Shin and instep protection: Shin protectors are required, and they must be made of foam, cloth or vinyl. Daedo PSS sensor socks with built-in instep padding are also required.

Forearm guard: Forearm guards are required and they must be made of foam, cloth or vinyl. Any color forearm guard will be allowed. Cloth or foam elbow pads are permitted.

Please Note: USA Taekwondo reserves the right to disallow any uniform or equipment if it is found to be unsafe, offensive or degrading.



2024 USATKD Massachusetts State Championships

Sparring Divisions:

* Competitors age as of December 31, 2024

Dragon Division: Age 6-7

Male Dragon		Female Dragon	
Fin (19 kg)	Not exceeding 19 kg	Fin (19 kg)	Not exceeding 19 kg
Light (23 kg)	Over 19 kg & not exceeding 23 kg	Light (23 kg)	Over 19 kg & not exceeding 23 kg
Middle (27 kg)	Over 23 kg & not exceeding 27 kg	Middle (27 kg)	Over 23 kg & not exceeding 27 kg
Heavy (+27kg)	Over 27 kg	Heavy (+27kg)	Over 27 kg

Tiger Division: Age 8-9

Male Tiger		Female Tiger	
Fin (21 kg)	Not exceeding 21kg (46lbs)	Fin (21 kg)	Not exceeding 21kg (46lbs)
Light (25 kg)	Over 21kg (46lbs) & not exceeding 25kg (55lbs)	Light (25 kg)	Over 21kg (46lbs) & not exceeding 25kg (55lbs)
Middle (30 kg)	Over 25kg (55lbs) & not exceeding 30kg (66lbs)	Middle (30 kg)	Over 25kg (55lbs) & not exceeding 30kg (66lbs)
Heavy (+30 kg)	Over 30kg (66lbs)	Heavy (+30 kg)	Over 30kg (66lbs)

Youth Division: Age 10-11

Male Youth		Female Youth	
Fin (30 kg)	Not exceeding 30 kg	Fin (30 kg)	Not exceeding 30 kg
Light (35 kg)	Over 30 kg & not exceeding 35 kg	Light (35 kg)	Over 30 kg & not exceeding 35 kg
Middle (40 kg)	Over 35 kg & not exceeding 40 kg	Middle (40 kg)	Over 35 kg & not exceeding 40 kg
Heavy (+40 kg)	Over 40 kg	Heavy (+40 kg)	Over 40 kg



2024 USATKD Massachusetts State Championships

Cadet Division: Age 12-14

Male Cadet		Female Cadet	
Fin (33 kg)	Not exceeding 33 kg	Fin (29 kg)	Not exceeding 29 kg
Fly (37 kg)	Over 33 kg & not exceeding 37 kg	Fly (33 kg)	Over 29 kg & not exceeding 33 kg
Bantam (41 kg)	Over 37 kg & not exceeding 41 kg	Bantam (37 kg)	Over 33 kg & not exceeding 37 kg
Feather (45 kg)	Over 41 kg & not exceeding 45 kg	Feather (41 kg)	Over 37 kg & not exceeding 41 kg
Light (49 kg)	Over 45 kg & not exceeding 49 kg	Light (44 kg)	Over 41 kg & not exceeding 44 kg
Welter (53 kg)	Over 49 kg & not exceeding 53 kg	Welter (47 kg)	Over 44 kg & not exceeding 47 kg
Light Middle (57 kg)	Over 53 kg & not exceeding 57 kg	Light Middle (51 kg)	Over 47 kg & not exceeding 51 kg
Middle (61 kg)	Over 57 kg & not exceeding 61 kg	Middle (55 kg)	Over 51 kg & not exceeding 55 kg
Light Heavy (65 kg)	Over 61 kg & not exceeding 65 kg	Light Heavy (59 kg)	Over 55 kg & not exceeding 59 kg
Heavy (+65 kg)	Over 65 kg	Heavy (+59 kg)	Over 59 kg



2024 USATKD Massachusetts State Championships

Junior Division: Age 15-17

Junior Male		Junior Female	
Fin (45 kg)	Not exceeding 45 kg	Fin (42 kg)	Not exceeding 42 kg
Fly (48 kg)	Over 45 kg not exceeding 48 kg	Fly (44 kg)	Over 42 kg not exceeding 44 kg
Bantam (51 kg)	Over 48 kg not exceeding 51 kg	Bantam (46 kg)	Over 44 kg not exceeding 46 kg
Feather (55 kg)	Over 51 kg not exceeding 55 kg	Feather (49 kg)	Over 46 kg not exceeding 49 kg
Light (59 kg)	Over 55 kg not exceeding 59 kg	Light (52 kg)	Over 49 kg not exceeding 52 kg
Welter (63 kg)	Over 59 kg not exceeding 63 kg	Welter (55 kg)	Over 52 kg not exceeding 55 kg
Light Middle (68 kg)	Over 63 kg not exceeding 68 kg	Light Middle (59 kg)	Over 55 kg not exceeding 59 kg
Middle (73 kg)	Over 68 kg not exceeding 73 kg	Middle (63 kg)	Over 59 kg not exceeding 63 kg
Light Heavy (78 kg)	Over 73 kg not exceeding 78 kg	Light Heavy (68 kg)	Over 63 kg not exceeding 68 kg
Heavy (+78 kg)	Over 78 kg	Heavy (+68 kg)	Over 68 kg

Senior Division: 17+

Men's Division		Women's Division	
Fin (54 kg)	Not exceeding 54 kg (Not exceeding 119.0 lbs)	Fin (46 kg)	Not exceeding 46 kg (Not exceeding 101.4 lbs)
Fly (58 kg)	Over 54 kg & not exceeding 58 kg (119.1 lbs – 127.9 lbs)	Fly (49 kg)	Over 46 kg & not exceeding 49 kg (101.5 lbs – 108.0 lbs)
Bantam (63 kg)	Over 58 kg & not exceeding 63 kg (128.0 lbs – 138.9 lbs)	Bantam (53 kg)	Over 49 kg & not exceeding 53 kg (108.1 lbs – 116.9 lbs)
Feather (68 kg)	Over 63 kg & not exceeding 68 kg (139.0 lbs – 149.9 lbs)	Feather (57 kg)	Over 53 kg & not exceeding 57 kg (117.0 lbs – 125.7 lbs)
Light (74 kg)	Over 68 kg & not exceeding 74 kg (150.0 lbs – 163.1 lbs)	Light (62 kg)	Over 57 kg & not exceeding 62 kg (125.8 lbs – 136.7 lbs)
Welter (80 kg)	Over 74 kg & not exceeding 80 kg (163.2 lbs – 176.4 lbs)	Welter (67 kg)	Over 62 kg & not exceeding 67 kg (136.8 lbs – 147.7 lbs)
Middle (87 kg)	Over 80 kg & not exceeding 87 kg (176.5 lbs – 191.8 lbs)	Middle (73 kg)	Over 67 kg & not exceeding 73 kg (147.8 lbs – 160.9 lbs)
Heavy (+87 kg)	Over 87 kg (191.8 lbs and over)	Heavy (+73 kg)	Over 73 kg (161.0 lbs and over)



2024 USATKD Massachusetts State Championships

Sparring - Head Contact Chart

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)	Adult Rules
Junior (15 – 17)	Yellow	Light Head Contact
	Green	
	Blue	
	Red	
	Black	Adult Rules
Senior	Yellow	Adult Rules
	Green	
	Blue	
	Red	
	Black	

[Link to USATKD's KYORUGI MODIFIED HEAD CONTACT RULES](#)



2024 USATKD Massachusetts State Championships

POOMSAE RULES

All pomsae divisions will be scored using the Pomsae Pro system.

Division:

Recognized Pomsae

Individual Recognized Pomsae (all ages, all belts)

Recognized Pairs Pomsae (Black Belts Only: Youth, Cadet, Junior, Under 30, Over 30)

Recognized Team Pomsae (Black Belts Only: Youth, Cadet, Junior, Under 30, Over 30)

Freestyle

Individual Freestyle Pomsae (17 & under and 18 & over Black Belts)

Pairs Freestyle Pomsae (17 & under and 18 & over Black Belts)

Team Freestyle Pomsae (17 & under and 18 & over Black Belts)

Designated Pomsae: will be published April 20, 2024.



2024 USATKD Massachusetts State Championships

BREAKING RULES

Overview:

- Competitors may choose the kind of techniques and number of boards to break, up to a **maximum of 15 boards**. Any Taekwondo striking or kicking technique may be used, apart from head strikes, which are a 0.3 procedural deduction each.
- Competitors must provide their own board holder assistants.
- Competitors and helpers will have three minutes to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments. Exceeding the time limit will result in 0.3 procedural deduction in the final score for each 10 seconds, or fraction thereof, over the time. (Example: 12 seconds over = 0.6 procedural deduction.) If computer scoring is not used, a timer will be provided for each ring.
- In the interest of safety, competitors may not use props such as chairs, trampolines, tables, etc. for aerial techniques. However, board holders may be used as “human launch pads.” No glitter, confetti, explosives or sound makers may be used. Blindfolds are permitted.
- Boards that are brought into the ring but not attempted will result in a 0.3 technical deduction for each board. Note that missed boards are considered attempted, and will not result in any additional penalty, other than the deduction on the failed attempt described in Section 1.6, if a competitor chooses not to reattempt the break.

Boards must be purchased from USATKD or a USATKD-designated vendor at the competition venue. Board security procedures for each event will be published by USATKD on or before the first day of registration. **Under no circumstance will competitors provide their own boards.** Standard board sizes:

- **6 - 9 years old:** ¼ x 10 x 12-inch Pine Board
- **10 - 14 years old:** ½ x 10 x 12-inch Pine Board
- **15 - 17 years old:** 1 x 10 x 12-inch Pine Board
- **18 + years old:** 1 x 10 x 12-inch Pine Board



2024 USATKD Massachusetts State Championships

DEMONSTRATION TEAM RULES

Massachusetts Taekwondo Association would like to invite ALL Demo Teams to participate at this year's event. All team members must create an account on Sport80 (See athlete registration page in this packet).

Demo Team Board Purchases

Per USAT rules all boards **MUST** be purchased at the venue. To ensure that each team will have enough boards for the performance a member of the tournament team will reach out to confirm the amount of boards needed prior to the event.

General Rules

- The performance must be confined to the 12m x 12m Contest Area. 0.1 points shall be deducted from the final score each time a contestant crosses the boundary line during performance. Any performance outside of the boundary will not be considered.
- The maximum set-up time is 1 minute.
- The maximum time to complete the performance is 6 minutes.
- The maximum clean-up time is 1 minute.
- All music must be submitted for approval prior to the competition.
 - The deadline for music submission is **April 18, 2024**.
- There will be NO standing on chairs or tables, and no use of tumbling boards or any similar devices
- Use of poles and similar devices to hold boards for high jumping breaks is permitted; these must be approved in advance.
- Due to safety and liability issues, absolutely NO weapons, pyrotechnics, fireworks or flame breaks.
- There will be no limit on the number of Team members, but the team **MUST** comply with Contest Area. Teams are allowed 1 alternate team member to replace an injured athlete.



2024 USATKD Massachusetts State Championships

HOTEL/TRAVEL ACCOMMODATIONS

Airports

Worcester Regional Airport (ORH)
375 Airport Dr, Worcester, MA 0160
1.6 miles to the venue

Boston Logan International Airport (BOS)
Boston, MA
50 miles to the venue

Rhode Island TF Green International Airport (PVD)
2000 Post Rd, Warwick, RI 02886
52 miles to the venue

Bradley International Airport (BDL)
Schoephoester Rd, Windsor Locks, CT 06096
73 miles to the venue

Hotel Suggestions

Hotels are plentiful in the Central Massachusetts area. We suggest taking a look for the best rates in the following surrounding towns.

Worcester, MA

Auburn, MA

Westborough, MA

Marlborough, MA