



# 2025 USA TAEKWONDO WASHINGTON STATE CHAMPIONSHIP

MARCH 15 & 16 • NORTH THURSTON HIGH SCHOOL • LACEY



# WELCOME!

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Dear Taekwondo Family,

Welcome to the 2025 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

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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

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USA Taekwondo

USATKD.ORG

Ranking: US 12.0



## GOVERNANCE

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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

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North Thurston High School  
Gymnasium

600 Sleater Kinney Road NE  
Olympia, WA 98503



# LODGING

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



# EVENT SPECTATOR TICKETS

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

# SCHEDULE

## Weigh-In and Credential Pick Up:

- 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.

<b>Friday, March 14, 2025</b>		
Credential Pick-Up		All Competitors All Referees All Coaches
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
1:00pm - 7:00 pm PST	Credential Pick-Up	U.S. Martial Arts Center – Olympia
1:00pm - 7:00 pm PST	Weigh In	U.S. Martial Arts Center – Olympia
<b>ALL ATHLETES NEED TO PICK UP CREDENTIALS DAY BEFORE COMPETITION</b>		

<b>Saturday, March 15, 2025</b>		
Credential Pick-Up		All Competitors All Referees All Coaches
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
10:00am - 4:00 pm PST	Credential Pick-Up	North Thurston High School
10:00am - 4:00 pm PST	Weigh In	North Thurston High School
<b>ALL ATHLETES NEED TO PICK UP CREDENTIALS DAY BEFORE COMPETITION</b>		

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

# COMPETITION SCHEDULE

## Saturday, March 15, 2025

Board Breaking Pairs / Team Poomsae Individual Poomsae Demonstration Team Color Belt Senior, All Ultra and All Dragon Sparring		All Ages
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
9:00am PST	Board Breaking	North Thurston High School
10:00am PST	Pairs/ Team Poomsae	North Thurston High School
10:30am PST	Individual Poomsae	North Thurston High School
12:00pm PST	Welcome Ceremony / Lunch Break	North Thurston High School
1:00pm PST	Individual Poomsae Continued	North Thurston High School
2:00pm PST	Demonstration Team	North Thurston High School
2:30pm PST	Color Belt Senior, All Ultra and All Dragon Sparring	North Thurston High School

## Sunday, March 16, 2025

All Tiger Sparring All Youth Sparring All Cadet Sparring All Junior Sparring Black Belt Senior Sparring		All Ages
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
8:30am PST	Coaches Meeting	North Thurston High School
9:00am PST	Junior & Youth Color Belt	North Thurston High School
10:00am PST	Senior Black Belt	North Thurston High School
11:30am PST	Cadet Color Belt	North Thurston High School
12:00pm PST	Welcome Ceremony / Lunch Break	North Thurston High School
1:00pm PST	All Tiger & Youth Black Belt	North Thurston High School
1:30pm PST	Cadet Black Belt	North Thurston High School
3:00pm PST	Youth & Junior Black Belt	North Thurston High School

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

# REGISTRATION DEADLINES & FEES

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## COACHES

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CIDP LEVEL	Registration Fee	Registration Deadline
Associate Coach or Level 1	\$65.00	03/02/2025

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

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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.

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## ATHLETES

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Divisions (Sparring, Poomsae, Etc.)	Registration Fee	Registration Deadline
1 <sup>st</sup> Division	\$125.00	03/02/2025
2 <sup>nd</sup> Division	\$150.00	03/02/2025
3 <sup>rd</sup> Division	\$175.00	03/02/2025
4 <sup>th</sup> Division	\$200.00	03/02/2025
5 <sup>th</sup> Division	\$225.00	03/02/2025

**\*\*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)**

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
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)**

<b>Classification</b>	<b>Male Divisions Weight Category (KG)</b>	<b>Female Divisions Weight Category (KG)</b>
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)**

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
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)**

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
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)**

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
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)**

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
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 WTF FOR-MAT
DRAGONS	6-7 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WTF FOR-MAT
TIGER	8-9 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR-MAT
TIGER	8-9 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WTF FOR-MAT
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR-MAT
YOUTH	10-11 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WTF FOR-MAT
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR-MAT
CADET	12-14 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR-MAT
JUNIOR	15-17 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
UNDER 30	18-30 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR-MAT
UNDER 40	31-40 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR-MAT
UNDER 50	41-50 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR-MAT
UNDER 60	51-60 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR-MAT
UNDER 65	61-65 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR-MAT
OVER 65	66 & OLDER	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR-MAT
UNDER 30	18-30 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
UNDER 40	31-40 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
UNDER 50	41-50 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
UNDER 60	51-60 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
UNDER 65	61-65 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
OVER 65	66 & OLDER	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF 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 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed	Modified WTF Format
Tiger (8-9)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed	Modified WTF Format
Youth (10-11)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed	Modified WTF Format
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed	Modified WTF Format
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed	Modified WTF Format
1 <sup>st</sup> Pairs (18-30)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed	WTF Format
2 <sup>nd</sup> Pairs (31+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed	WTF 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**

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

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- 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

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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 2025 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

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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>

**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

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## 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

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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

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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

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## **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

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## **SPARRING**

All sparring divisions will use Daedo Gen-2 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.

Board holders will need to purchase admission ticket, apply for board holder pass and pass Safesport and be active USAT Member in good standing.

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

# SAFESPORT & MAAP

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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

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- 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>